



STRONG TEETH MAKE STRONG KIDS

MAKING BRUSHING FUN FOR CHILDREN

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UNIVERSITY OF LEEDS



STRUGGLING TO BRUSH CHILDREN'S TEETH IS NORMAL

HERE ARE TIPS TO MAKE BRUSHING TIME EASIER



Sing your child's favourite song or play your child's favourite tune.

This can distract them during brushing and make it a more pleasant experience.

Lead by example.

Brush your teeth with your child to show how brushing is done, then take over towards the end. This will ensure your child's teeth are thoroughly brushed and that they do not eat or lick the toothpaste.



Don't be afraid to hold them.

If they move their head away from the brush, try sitting them on your lap and gently hold their forehead.





Use play to get your child to open up.

Don't force it, but encourage them by pulling funny faces. Each time they open up, brush a few more teeth.

Use lots of cheers.

Give praise and encouragement, especially for good behaviours like opening their mouth and allowing you to brush.



SOME BRUSHING WITH FLUORIDE TOOTHPASTE IS BETTER THAN NONE

Stay positive, don't give up, and remember you are not alone!

WAYS TO HELP MAKE BRUSHING A POSITIVE EXPERIENCE



Try brushing apps, like the Oral-B Disney® Magic Timer™ App.

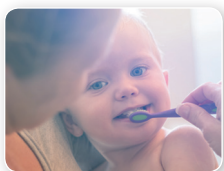
Kids can brush along with their favourite characters, unlock reward stickers, and more.

Available for free on the App StoreSM or Google PlaySM online stores.



Find a brush featuring a character the child loves.

See the full range at oralb.co.uk/StrongTeeth.



Have more than one brush in the bathroom for your baby or child.

Distract babies with one brush while you brush with the other.

TIPS JUST FOR _____:

Plan to make brushing fun

The next time we brush I will try _____

ORAL-B HAS TOOTHBRUSHES FOR EVERY AGE, PLUS FREE APPS AND TOOLS AVAILABLE FOR DOWNLOAD.

Visit oralb.co.uk/StrongTeeth to learn more.

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