

## TIP SHEET

FOR IMMEDIATE RELEASE

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### Ten Tooth Brushing Tips for Tots

1. Make sure that toothbrushes are the proper size, small and soft-bristled.
2. Replace a toothbrush when it is worn, bristles splayed, or after serious colds, infection, Strep throat, etc. Generally, every 2-3 months and never share a toothbrush.
3. Use only a pea-sized drop of toothpaste for children and rinse well, avoiding swallowing the toothpaste.
4. Clean your baby's gums (before their teeth erupt) after each feeding with a water-soaked washcloth or gauze pad.
5. Encourage toddlers to take some responsibility and "help" brush, but always with supervision.
6. Spend at least two minutes brushing followed by flossing twice a day.
7. Have your child hold a mirror while you brush their teeth so he/she can see what is being done.
8. Allow your child to brush your teeth. Laugh a lot and make it a fun activity. Then brush theirs.
9. Have your child brush their favorite doll's teeth before you brush his/her teeth.
10. Make tooth brushing appear to be a fun activity your child is missing out on. Go to the bathroom eager to brush and floss, laughing and making a lot of noise. Soon your child will realize they are missing out on something fun and will want to join in.

Antoinette de Janasz is a wife, mother of two children, and President of The Twooth Timer Company. These tips are excerpts from the Company's new, award-winning product, Ready-Set-Brush! Brushin', Flossin' Fun Kit. For more information, visit their website at [www.twoothtimer.com](http://www.twoothtimer.com) or call (214)522-8596.