

# GETTING CHILDREN INTERESTED IN THEIR ORAL HEALTH

It is not always easy, but it is essential to help your little ones build healthy habits which last a lifetime.

## USE REWARD CHARTS

Let them choose a sticker to place on a reward chart every time they brush their teeth. Once it's full let them trade it in for a reward like a bedtime story or a treat - just not sweets!



## BRUSHING APPS

Children nowadays are tech-savvy and there are lots of toothbrushing apps out there which are great for kids. One good example is BrushDJ, which was developed by a UK dentist to make brushing fun.



## MAKE BRUSHING FUN

There are lots of good toothbrushes and toothpastes aimed at children which encourage them to brush their teeth, like singing toothbrushes and fruit flavoured toothpaste.



## GET CREATIVE

Think outside the box. Let children brush the teeth of their toys, play dentist with them, sing songs and tell stories about brushing, and you can even give them a go at cleaning your teeth!



**FOR A HEALTHY MOUTH THEY CAN BE PROUD OF, CHILDREN SHOULD...**

- Brush their teeth twice a day with a fluoride toothpaste.
- Keep sugar consumption to mealtimes.
- Visit the dentist regularly, as often as they recommend.



Learn more about your oral health at

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