

10 Dental Health Tips FOR PARENTS OF TODDLERS

1. TALK TO THEM ABOUT THEIR TEETH OFTEN
2. LET THEM WATCH YOU BRUSH YOUR TEETH
3. GET THEM AN AGE APPROPRIATE TOOTHBRUSH AND PASTE
4. ASSIST THEM BRUSHING THEIR TEETH UNTIL THEY CAN ON THEIR OWN
5. GET THEM IN THE HABIT OF BRUSHING MORNING AND AT NIGHT
6. DON'T GIVE THEM FOOD OR DRINK SUGARY DRINKS BEFORE BEDTIME
7. SING OR PLAY MUSIC WHILE THEY BRUSH- MAKE IT FUN!
8. MAKE A STICKER REWARD CHART FOR NIGHTS THEY BRUSH
9. GET A STEPPING STOOL TO HELP THEM REACH THE SINK
10. HAVE OLDER SIBLINGS GET IN ON THE FUN