

Motivating Your Child to Brush Their Teeth

Motivating kids to brush their teeth is not always a simple task. Learning how to maintain proper oral hygiene takes time and to be honest is not always inherently fun for children. It is critical however, for kids from a young age, to learn to, practice, and understand the importance of brushing their teeth properly and often. In fact, the daily routine of brushing one's teeth is essential to overall health in general and must be instilled in children at a young age, even if this is difficult to achieve. If your child is having a difficult time learning or remembering to practice good oral hygiene skills, the following tips may help you teach him or her to take care of their teeth.



Begin Early: Toddlers who are accustomed to having their teeth cleaned tend to be more responsive to learning how to brush their teeth themselves. Parents should clean their child's mouth from infancy, beginning with wiping a new baby's gums with a clean damp cloth or gauze pad after feedings.

Brush Your Teeth Together: Make teeth brushing a family activity. Young children love to imitate their parents, and an affective way to encourage children to practice oral hygiene is to make the activity of teeth brushing an entire family ordeal. Model how to practice good oral hygiene by brushing and flossing in front of your child, and then let them try themselves. Essentially, the same thing that compels small kids to dress up like their parents and pretend to do whatever their parents do, will prompt them to emulate modeled oral hygiene as well. Completing this routine together also gives the parent the ability to make sure the child is brushing properly.

Let Your Child Pick A Toothbrush: Allowing a child to pick his or her own toothbrush helps make the process of learning how to take care of their teeth fun! There are all sorts of different themed toothbrushes to help motivate a child to practice brushing. When kids are excited about a toothbrush because it is modeled after their favorite Disney princess or cartoon character , they are more likely to become excited about brushing and want to practice more often.

Buy Hand-Held Flossers In Fun Colors: Colored hand held flossers can encourage kids to go the extra step and floss their teeth at night after brushing. Anything to keep the routine of practicing proper oral hygiene fun can help kids establish those lifelong healthy habits that are so important to overall and dental health.

Utilize Educational Tools: Often times, kids tend to pay closer attention to messages from sources other than their parents. Educational tools can be key in the actual implementation of healthy habits. When kids read books about brushing their teeth, watch videos, or play “mobile app” or tablet games having to do with the subject for example, oral hygiene tasks may become more important to children and more ingrained as significant skills to obtain.

