

TIPS TO MAKE DENTAL CARE MORE FUN FOR YOUR CHILD



As a parent, you already know how challenging it can be to get your child to do the things that are good for them but aren't exactly at the top of their "fun" list. A prime example is caring for their teeth and gums. Since brushing twice a day and flossing daily is essential to keeping your little one's oral health in top condition, you want to do all you can to encourage a consistent routine. By making dental care fun, you can build long-term habits that will benefit their smile for a lifetime! Read on to learn five ways to bring joy to your child's oral health care habits.

#1: Let Them Pick Their Toothbrush

By allowing your child to choose their own toothbrush, they will be fully engaged in the process of caring for their pearly whites. There is now such a broad range of choices in the market, they will have no problem finding a toothbrush with their favourite colour, design, music or even animated character!

#2: Get Fun Flavours Of Toothpaste

Long gone are the days when the only toothpaste flavour was mint. Now there are so many different delicious options, including fun flavours like strawberry, bubble gum, and watermelon. As long as the toothpaste has the IDA (Indian Dental Association) seal of approval and the age appropriate amount of fluoride to ensure its effectiveness, your child's taste buds can also have fun while keeping their teeth clean and bright!

#3: A Dental Care Playlist

The joy of music can make even the most mundane things fun! By playing some engaging tunes during your child's oral health care routine, they will begin to think of it as a fun activity. Be sure to include some of their favourite upbeat songs to play during brushing and flossing. You can even time the playlist perfectly by making it "two minutes" long so your little one brushes for the recommended amount of time.

#4: Make Oral Hygiene A Family Event

As you well know, children watch everything you do and even begin to imitate your actions. This is why it's important to lead by example when it comes to oral hygiene. By getting excited when you care for your own smile and demonstrating good habits, you will encourage them to do the same. Additionally, if you make it a family affair to brush and floss together, they will be sure to adopt healthy dental habits that will last a lifetime.

