

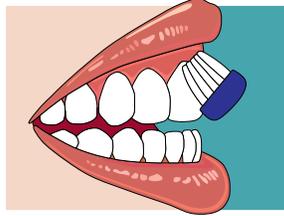
How to brush your child's teeth



Brush your child's teeth for two minutes twice a day (morning after breakfast and at night before bed) to remove plaque. Bedtime is the most important time to brush to help prevent cavities.



1. Use a smear of fluoridated toothpaste the size of a grain of rice for children between three and five.



2. Using a 45-degree angle place the bristles of the toothbrush along the gumline (where the gums and teeth meet).



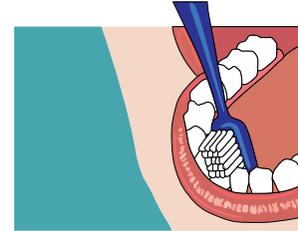
3. Starting with the outside tooth surfaces (cheek side), brush in small circles five times in each area to remove food debris and plaque.



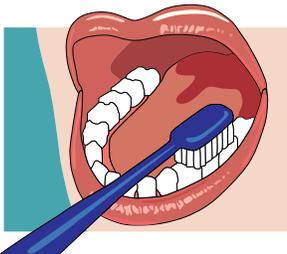
4. Brush the inside tooth surfaces (tongue side), using the same method. Repeating five times in each area.



5. Clean the inside surfaces of the front upper teeth by tilting the brush vertically using a sweeping motion away from the gumline.



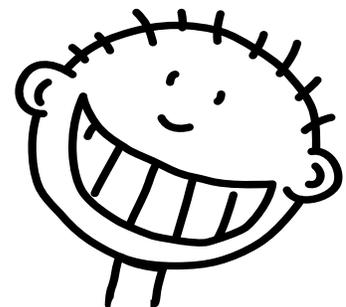
6. Clean the inside surfaces of the lower front teeth by tilting the brush vertically using a sweeping motion away from the gumline.



7. Brush the chewing surfaces of all teeth using a back-and-forth motion. Make sure you reach the back molars to remove food debris and plaque.



8. Brush the tongue from the back, forward to remove germs and to freshen breath.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/oralhealth

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If you require this information in an accessible format, contact 1-866-853-1326