



Children should be taught to brush their teeth twice a day; once in the morning and once before bed. Having set times to brush their teeth can help children understand their routine e.g. bath, pyjamas, brush teeth, story, bed. A child should be assisted and then supervised to brush their teeth until they are at least 7 years old, some may need support beyond this age.

The following strategies may be useful for children who find the task difficult:

- Establish a routine - try to stick to the same routine morning and night
- Try a visual timeline from <https://do2learn.com/>
- Experiment with different brushes e.g. try different bristles, a finger toothbrush or brushes with multi angled heads
- Try apps or YouTube videos so that the child knows how long to brush for
- Try using a reward chart to increase motivation
- Try non flavoured or non foaming toothpaste



For further advice visit the Design to Smile website at <http://www.designedtosmile.org/> which is a national child oral health improvement programme in Wales