

How to Brush Your Child's Teeth



1 Use a soft child's brush

2 Use a pea-sized amount of toothpaste



3 Place a toddler step in front of the sink

4 Stand behind them for support

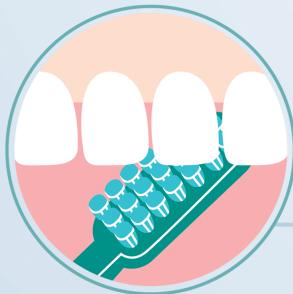


5 Get them to hold the brush with you



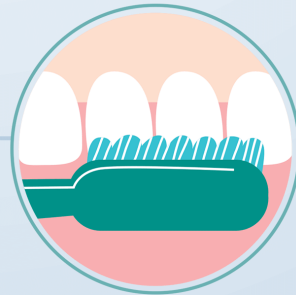
6 Stand in front of a mirror when brushing

7 Brush gently at first, making small circles



8 Brush the insides of the teeth and gum

9 Brush the tops of the teeth



10 Get them to spit the toothpaste into the sink