



Dental Hygiene Tips For Kids

One of the best ways to prevent tooth decay in children is to get them enthusiastic about daily dental hygiene. After all, tooth brushing is probably not at the top of your child's list of favorite things to do. But you can make it more acceptable – and even fun — by choosing a toothpaste and toothbrush that your child will like and will want to use.

Look for toothpaste with fluoride that's child-friendly, with flavours and colours that appeal to kids. There are toothpaste choices more appropriate to adult needs as well, so many families find themselves using more than one type of toothpaste. Knowing how to brush your teeth is just as important as the type of toothpaste you choose. Teach children the proper technique early to help encourage them to develop good oral health habits. Explaining how to brush your teeth doesn't have to be complicated. Start with these simple steps to get kids off to a good start.

- Hold your toothbrush at a 45-degree angle against the gums.
- Move the brush back and forth gently, in short strokes, over the fronts, backs, and tops of your teeth. Don't scrub hard along the gum line; you can irritate your gums.

Don't forget to brush behind your top front teeth and behind the bottom front teeth.