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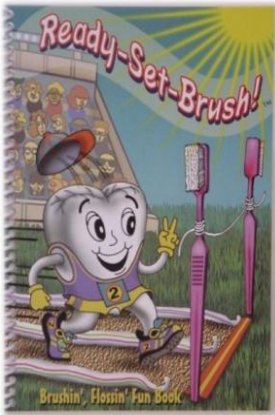
Brush for two minutes without "pulling teeth"![™]
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Ten Twooth® Brushing Tips for Tots

1. Make sure that toothbrushes are the proper size, small and soft-bristled.
2. Replace a toothbrush when it is worn, bristles splayed, or after serious colds, infection, Strep throat, etc. Generally, every 2-3 months and never share a toothbrush.
3. Use only a pea-sized drop of toothpaste for children and rinse well, avoiding swallowing the toothpaste.
4. Clean your baby's gums (before their teeth erupt) after each feeding with a water-soaked washcloth or gauze pad.
5. Encourage toddlers to take some responsibility and "help" brush, but always with supervision.
6. Spend at least two minutes brushing followed by flossing twice a day. Use a Twooth® Timer to time brushing.
7. Have your child hold a mirror while you brush their teeth so he/she can see what is being done.
8. Allow your child to brush your teeth. Laugh a lot and make it a fun activity. Then brush theirs.
9. Have your child brush their favorite doll's teeth before you brush his/her teeth.
10. Make tooth brushing appear to be a fun activity your child is missing out on. Go to the bathroom eager to brush and floss, laughing and making a lot of noise. Soon your child will realize they are missing out on something fun and will want to join in.





These tips are excerpts from The Twooth Timer Company's Ready-Set-Brush!™ Brushin', Flossin' Book. For more information, visit their website at www.twoothtimer.com or call 214.987.3604 or toll free 855.TWOOTH2 (855.896.6842). Free downloads are available at www.twoothtimer.com for teachers, dental offices and parents to assist in teaching children to care for their teeth.

