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Brush for two minutes without "pulling teeth"!

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BACK TO SCHOOL

In the rush to get ready for school, most kids don't spend enough time brushing their teeth. Poor dental hygiene can lead to tooth decay, the #1 most common chronic childhood disease. Over 51 million school hours are lost each year due to dental-related illness! Tooth decay is 5 times more common than asthma and 7 times more common than hay fever... but it is preventable!



Teaching your kids good dental hygiene habits early on will not only ensure their oral health, reducing dental bills, but also their overall health! Help them get an A+ on their next dental report card by:

1. Let your child choose his or her own toothbrush as long as it's the proper size and soft bristled, it makes for a more enthusiastic brusher! Replace a toothbrush when it's worn, bristles splayed, or after an illness and never share a toothbrush.
2. Kids are sensitive to strong flavors and usually dislike adult toothpaste. Finding a flavor of children's toothpaste they like will be trial & error but worth it in the long run.
3. Using a 2 minute tooth brushing timer, like the Ttwooth® Timer, will help to keep track of the time and make sure they're brushing for the recommended two minutes.



4. Pack a nutritious lunch & snack. Fresh fruit, vegetables, and cheese are great choices. Cheese, like aged Cheddar, Swiss, and Monterey Jack, is especially good for teeth because it neutralizes acids. Avoid fruit juices & sodas because they are very acidic and erode tooth enamel. Also avoid foods that are sticky or chewy because they will cling to the tooth surface, allowing the bacteria in plaque to produce more acid.
5. It's unlikely that kids can brush their teeth after lunch. But a quick trip to the water fountain to rinse their mouths is almost as good!
6. Floss picks make flossing easier for kids and come in fun flavors. Find one they like and the battle is almost won! If you can't get your kids to floss twice a day, make sure they floss before going to bed.
7. Setting a good example.

Regular dental checkups will make sure their smiles are healthy. A healthy mouth = a healthy body!



About The Twooth Timer Company

The Twooth Timer Company's first product, Twooth® Timer, began as an idea in August 1998 during a routine dental checkup. After being told by the dentist that her children needed to brush their teeth for two minutes (instead of ten seconds!), company Founder/President & Twooth Fairy, Antoinette de Janasz designed the Twooth® Timer. Through the development and marketing of the Twooth® Timer, Antoinette has learned of the importance of dental hygiene and its role in the overall health of the body. Through their products, website, and free downloads, Antoinette hopes to share this knowledge with others and help them achieve a lifetime of healthy smiles!



About the Twooth® Timer

Twooth® Timer is a patented two-minute tooth-shaped tooth brushing timer. It was introduced to the market in 1999 and that same year won a Parents' Choice Approved Award. In 2000 the Twooth® Timer won a Dr. Toy Award and just this month it won a Kidlutions Seal of Approval Award and a PTPA Award! MSRP \$10.99.



Samples & High Resolution Images Available Upon Request