

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

This resource is full of helpful tips to help you encourage your child to brush their teeth. Read through our suggestions and pick out what works best for you.

## What skills does this practise?

Oral Hygiene

Top Tips

Health and Wellbeing

## Further Activity Ideas and Suggestions

Check out [here](#) for some more resources relating to brushing your teeth. You will find Sequencing Cards, Display Posters and much more.

Parents Blog



Twinkl Kids' TV



Homework Help



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# Top Tips for Teeth Brushing

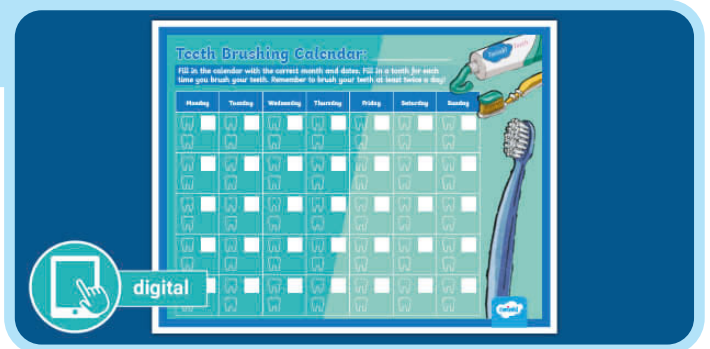
## Supporting Parents with Reluctant Brushers

### Invest in a Fun Themed Toothbrush or Toothpaste

When buying a toothbrush and toothpaste, there are lots to choose from! It is important that you choose a toothbrush and toothpaste that is suitable for the age of your child but after this, you can let your child be involved in choosing a theme that they enjoy, such as their favourite animal or colour.

### Make It Part of a Routine

Children love routines. In order to get them used to brushing their teeth, make sure you include it as part of their daily schedule so they know when to expect it and can prepare themselves. They could even use this Teeth Brushing Calendar to check off when they have brushed their teeth each day.



### Brushing Teeth Reward Chart

If children are reluctant to brush their teeth, you can offer a small reward. This Brush Your Teeth Reward Chart might be enough to motivate them. You could even offer some extra incentives, such as a sticker, five minutes extra on their favourite game or activity or a special treat at the end of the week.



### Make It into a Game

Brushing their teeth may feel quite boring to children. You can make it more fun with an imaginative game. Motivate your child by getting them to brush their favourite toy's teeth at the same time as their own, or pretend they are cleaning a monster's fangs.

## Brush Your Teeth Together

Children like to feel grown up so brushing your teeth at the same time might make them feel like they are an adult. Get into a routine of brushing your teeth together in the morning, or you could even brush each other's teeth!

## Make Up or Sing a Song

Make brushing your teeth more fun with a song. Why not try this 'Is Your Toothbrush Ready?' song or 'Brush Your Teeth'?



## Do a Funny Dance

Instead of a song, you could also make up a silly dance or walk that you do every time you brush your teeth.