

3 Tips to Encourage Kids To Brush Their Teeth

Description



[Image credit](#)

Keeping your kids fit and healthy is something every parent aspires to do. This means showing them how to care for their bodies and the importance of exercise and movement for strong, healthy bodies. That being said, getting your kids on board with staying healthy, practicing good hygiene, or even eating their veggies isnâ€™t always easy.

One such area that can be a bit of a battleground is teeth brushing; recent figures suggest that around 52% of 2-8-year-olds have had a cavity in their baby teeth while 57% of 12-19-year-olds have a cavity in their permanent teeth. With this in mind, it pays to have some tips in your parenting toolbox to help encourage good oral health for your child and teach them the responsibility of [brushing their teeth](#) and why itâ€™s so important.

Lead By Example

The first tip to get your kids to brush their teeth is to lead by example. Always have them join you as much as possible when you brush your teeth from a young age so you can show them how to do so easily and so that they can see that this isnâ€™t something you are forcing them to do but something you are actively doing too. While this might not work for all kids, [setting an example](#) and showing your children your dental care routine can help make it something more ordinary and simply a part of a routine, not torture.

Answer Questions

Answer any questions your child has at any age on brushing teeth, dental care, good oral hygiene, or anything relating to the mouth at all. If you don't know the answer, find out together or ask your [dental clinic](#) for the answer. The more kids know about something, the less scary it can be when they have the information to hand. This is especially important if they need additional dental treatments or have crooked teeth, for example. Tell them why they need to brush their teeth, what happens if they don't, what to expect from using different products, etc, anything and everything, even if they ask [how elephants brush their teeth!](#)

Allow Them To Pick Their Products

If brushing their teeth is something that is becoming a hot point or they need extra encouragement, allowing them to choose their own dental products can help you to get the ball rolling smoothly and avoid hiccups. The more choices they have, the more inclined they might be to use the products. Again, this won't work for all kids, but for some, it's having that bit of control to make the decision that can influence their decision to go ahead and brush their teeth or make this part of their day something they avoid.

While you know the importance of brushing your teeth, kids won't automatically have the information unless you give it to them. For those fighting the twice-daily battle to keep their teeth clean, allowing them to gain more knowledge and control over the situation might help them out. For younger kids, starting as you mean can help you put healthy habits in place and get them on board easier.

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