How would you hope your child to be like?

Has a habit of brushing his teeth in the morning and before bed at night

Does not like brushing teeth

Gets used to dirty mouth

Loves to have clean teeth
Brushes teeth only under close supervision

Brushes teeth with toothpaste

Loves brushing teeth

Goes to bed without toothbrushing
How to help children establish a toothbrushing habit?

"My mouth is smeared with milk, very unpleasant! Fortunately, Mum gave it a wipe --- how wonderfully clean!"

"After meal, my mouth is full of milk smear, how uncomfortable, Mum, please help me!"

Mother needs to wipe her child's oral cavity. She should roll a piece of clean cotton in her finger, dip it in drinking water and squeeze dry, then gently wipe the gums and the teeth of her child. This way the child would learn to enjoy a clean mouth. This would help him develop a toothbrushing habit in future.
"Mum has just brushed my teeth and now my mouth has a breath of freshness, how nice!

"Food always gets trapped in the interdental spaces, what a bother! Mum, what can I do?"

When children are young, parents need to help them brush their teeth both in the morning and before bed at night, for they are unable to do it yet.
"I know how to brush my teeth now. Mum's constant guidance has sped up my progress. After all, toothbrushing is easy for me!"

"Every night Mum always forces me to brush my teeth, disgusting!"

As children grow up, parents could let them brush their own teeth. However, your supervision, guidance and encouragement will give them a sense of achievement. However, please refrain from forcing them to brush.
"Red toothbrush, cartoon character rinsing cup…I like them! Yeah! I'm going to use them to brush my teeth tonight."

"Can I brush my teeth after the TV programme?"

Parents could let children choose their favourite toothbrushing tools to make them feel toothbrushing a fun activity. Please do not require children to brush their teeth at certain inappropriate moments.
"Hi! Hi! Toothbrushing is like scratching the itch, quite gratifying!"

"Ooh! How come it hurts? Uh-oh, it's blood on the toothbrush!"

Small-headed, soft-bristled toothbrushes are easier for children to get used to and manipulate.

"I love the nice strawberry flavour!"

"Oh, how chili hot! Mum, I don't want toothpaste!"

Children are easier to accept sweet flavoured children's toothpastes.
"Ha! Ha! I'm spitting out the toothpaste bubbles with the food debris. It's like blowing air into a balloon. Mum has taught me a way that works well!"

"Don't know how to spit out, all the toothpaste bubbles have already gone down my tummy, Mum, what can I do?"

Parents have to instruct small children how to rinse.
"Dad, Mum, it's toothbrushing time. Quick! Let's see who can get the cleanest teeth!"

"Hmmm...! It's tiring and it's boring. What to do?"

If parents can brush their teeth together with their child everyday, making toothbrushing one of the regular family activities, he would enjoy the fun of toothbrushing
Mum, "Good boy, you brush your teeth well!" "Hi! Hi! Mum praised me!"

Mum, "Not yet! Have you actually brushed your teeth? How come they're still not clean?"

"I've already brushed them. Still being scolded, how unreasonable!"

More praises to the child would encourage him to develop good toothbrushing habit. However, before the age of 6, children are unable to clean their teeth adequately. Parents need to supervise them brush their teeth and brush for them once before bed everyday.
"Mum, I'm growing up! I've already formed a habit of brushing my teeth in the morning and before bed everyday. Look, how beautiful my teeth are!"

"Mum, I never like brushing my teeth ever since I was small, don't you know that?"

It relies upon the parents' appropriate guidance for children to develop a habit of brushing their teeth in the morning and before bed at night.