



What do you hope your children to be like?



Have a habit of brushing their teeth in the morning and before bed at night



Do not like brushing teeth



Get used to dirty mouth



Love to have clean teeth



Brush their teeth only under strict supervision



Brush their teeth with toothpaste



Love brushing their teeth



Go to bed without toothbrushing

How can we help children establish a toothbrushing habit?



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



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

Parent needs to wipe his/her children's oral cavities. Parent should roll a piece of clean cotton in his/her finger, dip it in drinking water and squeeze dry, then gently wipe the gums and the teeth of his/her children. In this way the children would learn to enjoy a clean mouth. This would help them 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 between the teeth, what a bother! Mum, what can I do?"

When children have the first tooth in their mouth, 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. 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 watching 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.

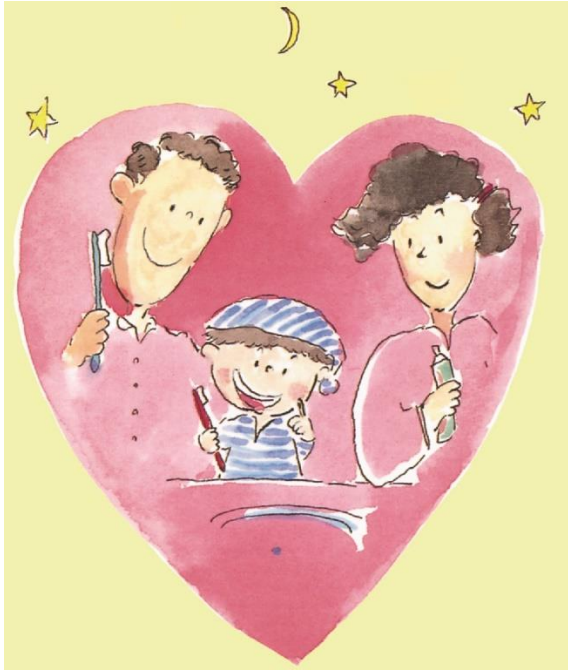


"Ha! Ha! I'm spitting out the toothpaste bubbles with the food debris. It's like blowing air into a balloon. Mum has taught me a way that works well!"

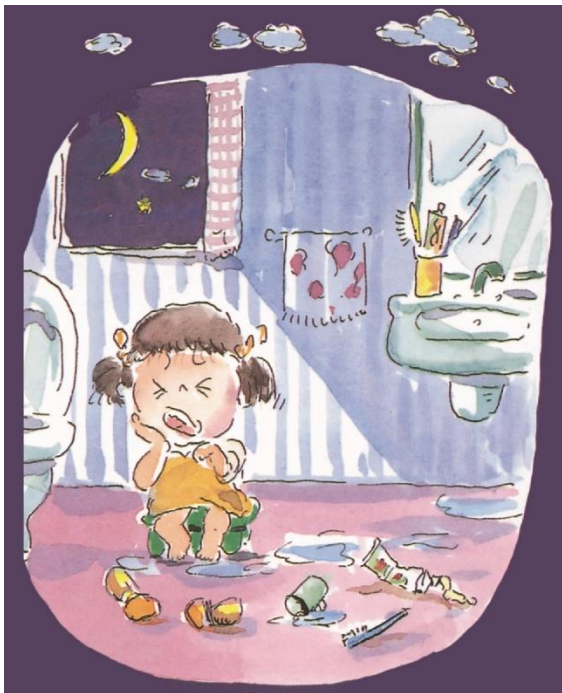


"Don't know how to spit out, all the toothpaste bubbles have already gone down my tummy, Mum, what can I do?"

Parents have to instruct small children how to rinse.



"Dad, Mum, it's toothbrushing time. Hurry up! Let's see who can get the cleanest teeth!"



"Hmmm...! It's tiring and boring. What should I do?"

If parents can brush their teeth together with their children every day, making toothbrushing one of the regular family activities, they would enjoy the fun of toothbrushing.



"Good boy, you brush your teeth well!"

"Ha! Ha! Mum praised me!"



"What a useless kid! Have you actually brushed your teeth? How come they're still not clean?"

"I've already brushed them and I am still blamed. How unreasonable!"

More praises to the children would encourage them to develop good toothbrushing habit. However, before the age of 7, children are unable to clean their teeth adequately. Parents need to supervise them brush their teeth and brush for them once before bed every day.



"Mum, I'm growing up! I've already formed a habit of brushing my teeth in the morning and before bed every day. 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.