

How to encourage your child to brush their teeth? - Smile Solutions

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hunt to get that particular food out. "Telling your toddler you want to tickle the 'sugar bugs' out of their teeth sometimes works too," says Karleen. Try getting your little to sound out funny words ('baaaaaaa' or 'staaaaaar'), or go through the vowels. They'll enjoy making funny faces and odd noises, plus this gives you access to different areas of their mouth. You can also play a teeth-brushing song. Use a timer or download an app with its own timer and games related to tooth time. Chart the success "I'm surprised at how successful the classic reward chart still is," says Dr Alldritt. "A child loves seeing a visual of what they've achieved as well as getting a daily reminder of how good they've been." But have you ever considered putting yourself on the chart too? It shows your toddler you're also part of it, giving them even more encouragement, Dr Alldritt suggests. As well as that daily stamp, gold star or smiley face on the chart, if your little reaches a certain number of days or weeks of great brushing, you could offer them a reward such as a special outing or something oral-hygiene related, such as a snazzy electric toothbrush like Mum and Dad have. Distract! When all else fails and you need to get the job done, try distraction. "Brushing your toddler's teeth while they're in the bath is a good idea," says Karleen. Not only are they likely to be more relaxed and already having fun splashing around, it can make the task less messy and means they're in an easy, reclining position for teeth cleaning. Brushing teeth doesn't have to be done in the bathroom either, Dr Alldritt advises, especially if that's a place your toddler has built up negative associations. "Try letting them watch something on TV that is only for when they're brushing their teeth, so they associate teeth-brushing with something positive," suggests Dr Alldritt. "A toddler is often more cooperative when lying reclined on your knee as opposed to standing." You could also tell them a story and the longer they cooperates with brushing, the more they get to hear. Uncover more from Smile Solutions View Blogs All Karleen Giampietro 18 Nov 2018 My life as the Smile Solutions Tooth Fairy Read More All Karleen Giampietro 3 Sep 2018 Should my child wear a mouthguard? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More All Karleen Giampietro 18 Nov 2018 My life as the Smile Solutions Tooth Fairy Read More All Karleen Giampietro 3 Sep 2018 Should my child wear a mouthguard? Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service

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