



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Tooth Brushing Tips for Parents

Your job as a parent includes keeping your child's teeth clean and healthy.

Not all children enjoy having their teeth brushed. It is important because baby teeth are soft and can get cavities easily.



Brushing your baby's teeth

- Begin brushing your baby's teeth as soon as the first tooth appears.
- Gently brush twice a day using a rice grain amount of fluoride toothpaste on a soft toothbrush.
- Remember to gently brush where the teeth and gums meet.
- Check your baby's teeth often. If you see white or brown spots along the gum line, speak to the COHI staff.



Positioning for Toothbrushing

Find a comfortable position.

Try these positions:

- Lay your child on a change table, making sure they cannot fall off.
- Place your child on a couch or bed, with their head in your lap.
- Lay your child on the floor with their head placed between your legs.



TIP

At 6 months, start teaching your child to drink from an open cup.