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.