



# Pediatric Dentistry

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## Parents Corner

### Tooth Brushing

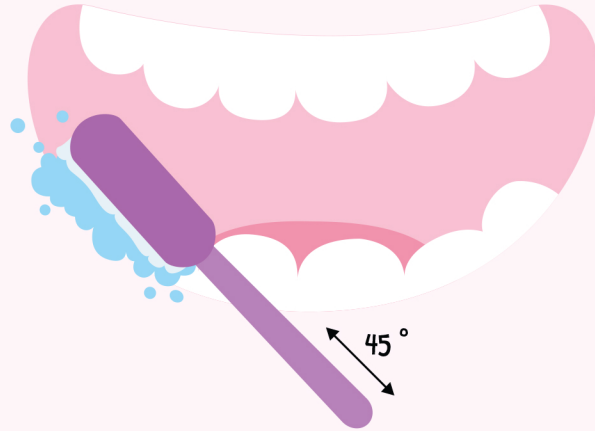
#### When to Start

- ✓ Once your child's teeth begin erupting, you can begin cleaning them by wiping them with a moist washcloth.
- ✓ As your child gets more teeth, use a soft child's toothbrush.
- ✓ Use just half a pea-size amount of a fluoride toothpaste or a non-fluoride toothpaste (like Baby OraGel) until your child is able to spit it out.
- ✓ Reminder: Too much fluoride can stain their teeth.
- ✓ You will need to brush where they miss.



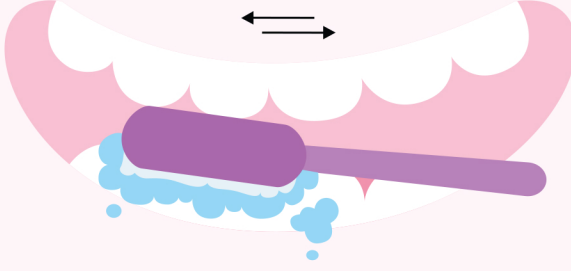
1

Hold the brush at an angle (45 degrees) towards teeth and gums.



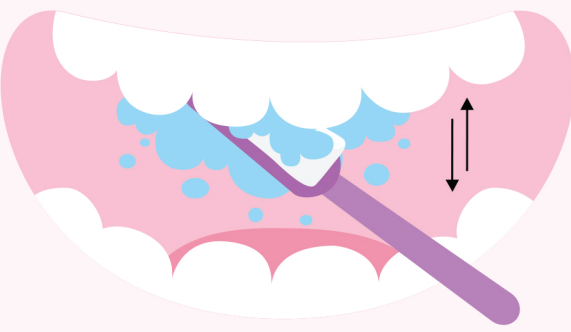
2

Move brush back and forth with short strokes, about a half tooth wide.



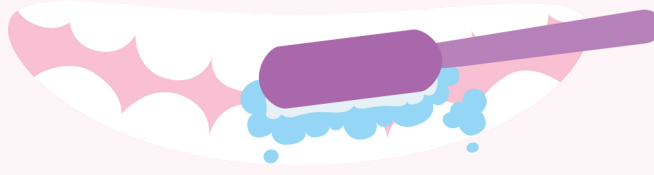
3

Brush the inside and outside surfaces of each tooth, top and bottom.



4

Hold the brush flat on top of the teeth and brush the chewing surfaces.



5

Gently brush the tongue to remove debris.



6

Floss between teeth daily.



Some suggestions for making tooth brushing less of a battle can include:

- Let them brush your teeth at the same time.
- Let them pick out a few toothbrushes with their favorite characters and giving them a choice of which one they want to use each time (this will give them some feeling of control over the situation).
- Let them brush their own teeth first (you will likely have to "help out").
- Read some children's books about tooth brushing or have everyone brush their teeth at the same time.



Scan this QR code to find some of Pediatric Dentistry's favorite kid friendly books to help in the brushing process.

Please call 650-372-9292 for any additional questions.

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