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How To Brush and Floss



For children ages 18 months and up, a pea-size amount of fluoride toothpaste is recommended.



Clean chewing surface by using short, back-and-forth strokes. Brush two or three teeth at a time.



Clean outer tooth surfaces by placing the brush bristles at a 45 degree angle toward the gumline. Use gentle, short strokes, moving the brush back and forth against the teeth and gums.



Clean the inner surfaces by holding the brush vertically and using gentle up-and-down strokes with the tip of the brush.



Insert floss between teeth using back-and-forth motion. Move floss up and down against each tooth to clean both above and below the gum line. Rinse the floss with water and repeat cleaning procedure for each tooth.



You should begin using floss on your child as soon as two teeth touch.

To floss your child's teeth, wrap the ends of a section of floss around the middle fingers. We recommend a length of floss between 18" and 24".



Hold the floss between the thumb and forefinger, leaving about 1" of floss between hands.



Gently work the floss between the teeth. When the gumline is reached, curve into a "C" shape around the tooth, making sure to go below the gumline.



Gently glide the floss up and down several times between each tooth, including the back teeth.