

7 Ways to Make Brushing Fun for Kids

If you think you're busy, try being a kid. In addition to school, activities and family time, they're learning how to take care of themselves and others in new ways every single day. One of those necessary life skills every child needs to learn is brushing his or her teeth. Helping your child get in the habit of brushing twice a day for two minutes is no small feat, but a little creativity can go a long way when it comes to his or her long-term dental health.

Need to brush up on the basics of cleaning your child's teeth? Then, get started! Here's how:

Have 4 Minutes of Fun

Don't just set a timer and supervise - make brushing twice a day for two minutes an event! Crank up your child's favorite song and have a two-minute dance party. Videos or brushing apps may also make that time fly by. (Younger brushers might like these.) Try reading a 2-minute story using all your best voices. Whatever you do, get creative and switch things up so brushing time is always a good time.

Start a Routine and Stick to It

You may be tempted to let your child skip brushing after a long day or during times when your normal schedule is off (like vacation), but keep at it. The more second nature brushing becomes the easier it will be to make sure your child is brushing twice a day for two minutes.

Reward Good Brushing Behavior

What motivates your child? If its stickers, make a reward chart and let him add one every time he brushes. If he's a reader, let him pick out the bedtime story. Maybe it's as simple as asking to see that healthy smile, saying "I'm so proud of you" and following up with a huge high five.

Characters Count

Who is the character your child can't get enough of? Many children's shows and books, including Sesame Street, have stories about brushing. Watch and read them together, so when it's time to brush you can use that character as a good example.

Make Up a Story

Haven't found a story or character to inspire your child? Make up your own. Your child just might be the only superhero who can brush away the bad guys that cause cavities.

Go Shopping

Let your child pick out his own toothbrush and toothpaste. (We recommend ones with the ADA Seal of Acceptance.) Choosing a character toothbrush might make brushing more fun, and fluoride toothpastes come in a variety of flavors and colors.

Make Brushing a Family Affair

Your children learn from you, so set a good example. The family that brushes together has even more reason to smile.