



# My Brushing Chart

Name: \_\_\_\_\_





Check off each time you brush ... **after breakfast** and **before bedtime**.



Me



My Family Member

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 After breakfast							
 Before bedtime							
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 After breakfast							
 Before bedtime							

## Some advice for keeping your smile bright!

- Brush twice a day with fluoride toothpaste, especially after eating breakfast and before bedtime
- Visit your dental professional regularly
- Limit the number of times you eat snacks each day



## Want To Learn More About Your Family's Oral Health?

- Talk to your child's dental professional
- Check out these sources:
  - [www.colgate.com](http://www.colgate.com) for common questions about oral health
  - [www.colgatebsbf.com.au](http://www.colgatebsbf.com.au) visit the Parents' Section
  - [www.ada.org.au](http://www.ada.org.au) oral health information and tips for all age groups



# Help Your Child Have a Bright Smile Today ...



## ... For a Healthy Future Tomorrow!

Your child's oral health affects more than just his or her teeth. Poor oral health can result in a variety of problems including difficulty eating, speaking and low self esteem.

As a parent, you can make the difference! Help keep your child healthy — and help your child do better in school — by making sure his/her teeth and gums stay healthy. Start today!

LOOK INSIDE

## Healthy Habits

### A Parent's Checklist

- ✓ Make sure your child brushes at least twice a day, especially after eating breakfast and at night.
  - Brushing along with your child is a great "do together" activity.
  - Demonstrate correct brushing for your child (see illustrations at right).
- ✓ Children under 6 should use a low fluoride toothpaste, such as My First Colgate.
  - Fluoride strengthens teeth and helps prevent cavities.
  - Use only a pea-sized amount of paste.
- ✓ Have regular dental check-ups.
  - Good oral health affects your child's development and self-esteem. Your dental professional can help prevent any problems before they become serious.
  - Ideally, a child's first dental checkup should be at around age 1. However make sure your child has a dental checkup before they start school.
- ✓ Replace your child's toothbrush when it becomes worn, or "splayed."
  - Toothbrushes are typically worn out after about 3 months.
- ✓ Limit the number of times your child eats snacks each day.



### A Special Note About Snacking

Children need to snack. But what many people don't realise is that every time a child has a snack, it causes "plaque" acid that can lead to tooth decay.

- Plaque contains bacteria that cause acid when exposed to food or any beverage containing sugar. This acid can cause cavities.



- It is better for your child's teeth to have a larger snack all at once than to eat little bits of a snack over a long period of time.

## Brushing Together

Your child is learning about oral health care in pre-school. As a parent, you can help promote good oral health at home by modeling proper brushing techniques for your child.



1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



2. Brush inside surface of each tooth, using wiggling technique in Step 1.



3. Brush chewing surface of each tooth.



4. Use tip of brush to brush behind each front tooth, both top and bottom.



5. Don't forget to brush your tongue!

### Help your child build good brushing habits!

- Post the brushing chart (back page) in a handy location at home.
- You and your child can check off each time you brush, after eating breakfast and before bedtime.
- After two weeks, you and your child can draw a new chart to use!



## Your Child's Oral Health: What to Expect



### Up to Age 2

Your child is not able to brush yet, so you should brush for your child twice a day.

- Brush after eating breakfast and before bedtime.
- Begin using a pea-sized amount of fluoride toothpaste once your child can spit out.

### Ages 3-4

Your child should be starting to learn to brush properly.

• Work with your child to make sure he/she brushes thoroughly. As their motor skills develop, children get better at brushing!

- Remember, children need an adult to assist with thorough brushing until 8 or 9 years of age.



### Age 5

Child may begin to lose baby teeth.

- Baby teeth save space for permanent teeth. If they fall out early, permanent teeth could come in crooked.

### Age 6

Six-year molars should erupt about this time.

- Be sure that your child brushes these new permanent teeth, way in the back.



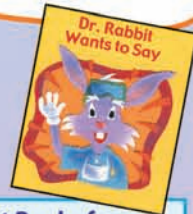
## Reading Together

Reading books like *Dr. Rabbit Wants to Say* with your child is an important step in promoting literacy. Other tips for reading together at home:

- **Read together often.** Continue to read to your child every day.
- **Ask questions about the book as you read.** Encourage children to talk about what they see and hear and help them find letters and words on the pages.
- **Read many kinds of books,** and re-read favourites often. Hearing the same story over and over helps children notice new things and reinforces new words.
- **Set up a reading area at home,** filled with favourite books. Choose a spot that your child can reach easily.
- **Give your child writing materials.** Encourage them to practice making letters, and help them if they ask you to.

### Other Great Books for Reading Together

- Alphabet books
- Counting books
- Picture books
- Concept books (teaching such things as opposites, colours, shapes, etc.)
- Books with rhyme and repetition
- Traditional literature/stories



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