

Our Top Tips!... Brushing your teeth

Brushing your teeth can be a difficult task to do. First you've got to try and keep your toothpaste on your toothbrush, and then make sure you move your toothbrush in a way that cleans all of your teeth!

Try some of these tips to help teeth brushing become less of a chore...

Practice makes perfect!

Practice 'brushing' your teeth just with a clean finger. This will help you to learn how you move your toothbrush in different directions.

Brush every bit!

Break down the task of how you brush your teeth, by thinking about brushing your teeth in sections: for example...

Top:	Bottom:
Front teeth	Front teeth
Back teeth	Back teeth
Inside	Inside
Underneath	Underneath

Record it

Think about how you usually brush your teeth and make a list of the sections you brush. You could put this into a tick chart and either tick-off with a felt tip pen, or 'tick-off' in your head, as you brush each section.

Take a snap-shot!



You could even take photos of you brushing each section of your teeth, and look at these photos to help you to remember which section of your teeth to brush next.

Check it out!

Check it out! Make sure that you can see yourself in the mirror when brushing your teeth. This way, you can see what you are doing and make sure that you have brushed them all.

Time it!

Think about how long to brush your teeth for. It is recommended that you spend at least 2 minutes brushing your teeth. You could have a stop-watch or a sand-timer, to show you how long to keep going for. Or maybe time each section – for example, spend 15 seconds on each bit. And don't forget to clean your tongue!