

Make Tooth Brushing FUN for Toddlers!



The trick to getting a toddler to do “anything” is to make it FUN! Many parents have endured a “battle royale” trying to convince an unruly toddler to brush their teeth every day. Most toddlers are mainly interested in having fun and they often view tooth brushing as an unwelcome interruption to play time. However, if handled creatively, the tooth brushing routine can become an enjoyable bonding experience for both parent and child.

4 EASY TIPS FOR MAKING TOOTH BRUSHING FUN!

Tip #1 – Let your child watch you brush your teeth

Children learn by observation and imitation. The simple act of watching you brush and floss will encourage the child to happily do the same.

Tip #2 – Sing a “Tooth Brushing” Song

Kids love to sing and play! So singing a special song at tooth brushing will make the chore seem more like a fun game. Create an easy to remember song which the child can sing along with.

Tip #3 – Let the child select their own toothbrush and toothpaste

Children like to be involved in making independent choices. If the toothbrush is a cartoon character they are excited about and the toothpaste is a flavour they love, they will likely look forward to tooth brushing time.

Tip #4 – Use a Reward System

Children appreciate the value of positive incentives. Since each child is unique you may need to experiment with what really motivates your child. Some children may respond best to verbal praise and hugs while others get a kick out of gold star stickers.

Although it may be easy for adults to understand that brushing their teeth is a good idea; it can be more difficult to convince toddlers. However a creative and fun-focused strategy can usually foster a cooperative attitude in even the most rebellious toddlers.