



### When should I start brushing my child's teeth?

As soon as you see them!

We recommend that your child start going to the dentist before their first birthday.

This helps to prevent cavities and helps you learn how to take care of your child's oral health.

### Does my child need help with brushing?

**Yes.** They need help until they are old enough to tie their own shoelaces or color within the lines of a picture. This is usually about age 6.

Young children may not be able to brush off the plaque from their teeth. We strongly recommend that you help with brushing and flossing both in the morning and at night.

After brushing, try not to rinse the toothpaste out with water. The toothpaste will work better if it stays on their teeth.

### When should I start flossing my child's teeth?

You should floss when the teeth in the back are touching each other. This happens at different times for children, so please ask your child's dentist.

### Does it matter if I brush or floss first?

It doesn't matter as long as you do both.

### How much toothpaste should I use?

- Under age 3: a small smear of toothpaste
- Age 3-5: a pea-sized amount



### How long should I brush for?

Brush for about 2 minutes. Be sure to brush all of the surfaces (top, front, back and sides), even the hard to reach ones.

#### Contact us

For more information, visit  
[bostonchildrens.org/dentistry](http://bostonchildrens.org/dentistry)

To make an appointment, call  
**(617) 355-6571.**