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University Health Board

Cleaning your teeth

Cleaning your child's teeth is really important for their oral health but this can be really challenging if your child doesn't enjoy doing it or finds it tricky. Here are our top 10 tips to help you and your child with this task.

General Strategies

1. Brush your teeth at the same time as your child, let them see how you do it!
2. Make it into a game, let your child brush your teeth and then you can brush theirs.
3. Have a mirror at their height so they can see where to brush.
4. If standing up to brush is tricky, let them sit down (but make sure their feet are supported on the floor or a stool).
5. Some children find following the sequence of a task tricky, help your child learn the sequence by following the same process each time, visuals can help children to do this independently.
6. Use a visual timer or tooth brushing app to encourage and support your child (see overleaf)
7. Use a child sized brush with a small head and soft bristles.
8. A brush with a chunky grip or handle will be easier to hold.
9. Try a toothpaste with a flip cap or pump action dispenser.
10. If squeezing the tube is tricky try a tube squeezer or automatic toothbrush dispenser.



Useful resources

NUK Training toothbrush set (from £4.99)

Helps children to learn to brush their teeth. Set includes 2 x brushes – a cleaning trainer and a brushing trainer. Cleaning trainer is designed to be chewed and gently cleans and massages the gums and palate. Brushing trainer helps children get used to a toothbrush and gently cleans their first teeth. Comes with a protective ring / toothbrush stand



Toothpaste tube squeezer (from £5.69)

Wide application: the tube squeezer works well for tubes of width less than 2 inch, works on aluminium and plastic tubes, suitable for squeeze toothpaste, cream tube, cleansing foam or other items. Convenient to use: designed with a rotate handle, just insert your toothpaste into the rolling shaft, then rotate the handle.



Automatic toothpaste dispenser (from £9.99)

Occupational Therapy Service for Children and Young People
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Our toothpaste dispensers are made from the highest quality ABS plastic and wheat straw material, which is both reliable and durable, you can safely use. Automatic toothpaste dispenser adopts vacuum technology, pump out last drop of toothpaste and avoid direct touch.



Useful Tooth Brushing Apps



Brush DJ

Brush DJ plays 2 minutes of music which users can choose from their own music libraries. The app also allows you to set daily reminders to brush your teeth as well as reminders to visit your dentist.



Disney Magic Timer

This visual timer app uses an animated toothbrush to encourage children to brush for longer by slowly revealing a Disney picture as the time goes on. Children can also scan their Oral B products, choose characters and earn stickers.



Brush Up: Toothbrush Training

Brush Up uses a character Budd to direct children whilst brushing their teeth. Children can see themselves on the screen next to Budd whilst they are brushing and earn 'rewards' with their selfie assessments.



Aquafresh Brush Time

Captain Aquafresh and the Nurdles encourage children to brush their teeth by singing and dancing along to 2 minutes of brush time. The whole family can be involved with up to 4 user profiles.



Colgate Magik

This app works in conjunction with the Colgate Magik toothbrush to detect how a child brushes their teeth. Children can keep track of their brushing habits and use augmented reality to make brushing more fun.