

**Summit School
Occupational Therapy Department
Teeth Brushing Guidelines**



Getting Started

- Review with your child why it is important to brush our teeth and how often it should be done (after each meal and before going to bed).
- Use a soft, child-size toothbrush. A child's electric toothbrush can be used also.
- Use tasty toothpaste, such as children's toothpaste which is not too strong.
- Try using the enclosed visual chart to help your child. You may also want to use verbal cues for what surface to brush next.
- Counting out loud helps to structure the task and give each step a clear duration.
- At first, your child may require physical assistance to hold the toothbrush in appropriate orientation, depending of the surface of the teeth he/she is brushing.
- To keep your child motivated try using a reward system for good effort.
- Encourage your child to do the associated steps (i.e., getting the toothbrush and tooth paste, wetting the toothbrush, putting toothpaste on toothbrush, rinsing toothbrush and putting the items away).

How to Brush Teeth!

1. In front of the mirror, ask the child to smile so he/she can see their teeth.
2. Brush the front surfaces of upper and lower teeth, doing circular movements, for the count of 10.
3. Brush the left side of upper and lower teeth, doing circular movements, for the count of 10.
4. Brush the right side of upper and lower teeth, doing circular movements, for the count of 10.
5. Open jaw.
6. Brush the biting surfaces of lower teeth on the left side, doing back and forth movements, for the count of 10.
7. Brush the biting surfaces of lower teeth on the right side, doing back and forth movements, for the count of 10.
8. Brush the biting surfaces of upper teeth on the left side, doing back and forth movements, for the count of 10.
9. Brush the biting surfaces of upper teeth on the right side, doing back and forth movements, for the count of 10.
10. If your child wants to, brush tongue using gentle back and forth movements for the count of 10.
11. Spit the toothpaste in the sink.
12. Rinse mouth.

TOOTHBRUSHING

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