



Patient Education for Parents: Oral Care Tips for Kids

Have Fun With Oral Care

Turn Your Kids' Oral Care Routines Into Playtime

With our helpful parenting oral care tips, your kids will have healthy teeth and gums in no time. Plus, they'll have fun doing it.

1. Picture Perfect!

Decorate the bathroom mirror to frame your children's views as they stand in front of the sink. Or, place a mirror at the child's level so they can watch themselves in the ACT® of oral care.

2. Award Rewards!

Offer incentives or certificates for a job well done. Then, chart the progress on an activity sheet to show how well your child keeps up with his or her oral care routine.

3. Count Down!

Set a two-minute timer when your child begins brushing and launch a count down to healthy teeth. When it gets down to the last ten seconds, count out loud, and allow your child to spit just in time to beat the buzzer!

Visit actfluoride.com/parents for more tips and more information on the important role that fluoride plays in maintaining healthy smiles for every member of your family.

4. Copy Cat!

Kids are born imitators. Suggest that they "watch and do as you do." Demonstrate proper brushing, flossing and swishing techniques for them to do themselves.

5. Tasty Flavors!

Offer your children flavored dental products. Toothpastes and fluoride rinses come in many kid-friendly varieties and offer a sweet treat for a clean mouth. Bubblegum Blowout™ flavored ACT Rinse tastes great and might spark your children's budding creative juices!

6. Personalize!

Let your children decorate toothbrushes, rinse cups or hand towels so they'll have their own personal tools to use for their hygiene routine.

7. Bulls Eye!

It's important that kids don't swallow excess toothpaste or fluoride rinse. So, create a cool target in the bathroom sink and have your children aim for that target when spitting.

8. Last Laugh!

Begin and end each day with a smile. Whether you're on the way out the door or off to bed, make it a point to share a heartfelt laugh with your children. Because caring for your teeth is often the last ACT of getting ready for the day or night, it is the perfect time to integrate humor into your family's routine.



www.actfluoride.com/parents