

Fast fact
Most people think they brush for 2 minutes. In reality they brush for 30 seconds or less!

Daily Brushing

Why is it important to brush?

Plaque is food and bacteria that looks like a white film. Daily brushing removes plaque and helps prevent cavities, gingivitis & gum disease.

How often should I brush my child's teeth?

Twice a day is best. The most important time is before bed.

How long should I brush my child's teeth?

Two minutes each time. Try using a timer.

What's the best way to brush?

There are different ways to brush. Ask your Dental Professional which is best for your child, or see the Fact Sheets on brushing.

Fast fact
You don't have to floss all your teeth—just the ones you want to keep!

Daily Flossing

When should I start to floss my child's teeth?

Flossing should start at a young age. You will have to help your child to floss until the age of 8 or 9. Encourage them to try it on their own, so it can become part of their daily routine.

Why is it important to floss?

A toothbrush can't reach in between teeth or beneath the gum line. Floss is the best when it comes to getting in these hard to reach places!