



Brush Bunny Project



Why do we need to brush our teeth?

Plaque is bacteria that sticks to our teeth. It can be hard to see the plaque because it is the same colour as our teeth. Plaque and food together produce acid which can cause holes in our teeth.

How can we help our children with their toothbrushing?

Let them watch us toothbrushing.
For children under 2 brush without toothpaste, for children age 2 and over use a toothpaste with fluoride.
Supervise the amount of toothpaste used; a pea size piece only.
Show them how to brush their teeth and gums using small circles, for 2-3 minutes.
Make sure they spit out the toothpaste and do not swallow it.

Toothpaste is a medicine, keep out of reach of children.

A toothbrushing chart can help to encourage your child to brush everyday, here's a link to one you can print off

<https://www.dentalhealth.ie/publications/list/brushing-chart/>

Why do we need to brush twice a day?

Plaque forms quickly during the day, so to keep it from harming our teeth we need to brush it away morning and night.

Which toothbrush is best for children?

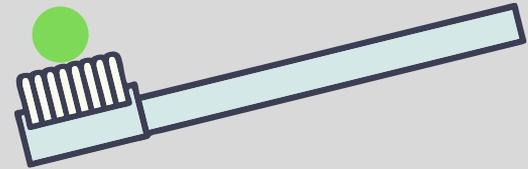
Choose a toothbrush that has a small head and soft bristles.

The five steps to toothbrushing:

1 Pick your toothbrush



2 Use a pea-sized amount of toothpaste



3 Brush for 2-3 minutes, morning and at bed time



4 Spit, don't rinse after brushing



5 Rinse the toothbrush and put it back in the toothbrush holder

