

## Encourage your child to brush his/her teeth

It is not always easy to be a parent and some behaviour is more challenging than others for our children. Here are some tricks to motivate your child to brush his/her teeth:

- The child might like the use of a toothbrush with fun characters or drawings.
  - The taste and appearance of toothpaste can make brushing a more enjoyable experience, so children are more likely to brush twice each day.
  - Support the brushing with a small reward at the end of the month if the child commits to brush his teeth and track it into a small brushing calendar.



At your local library or bookstore, they are different books on the importance of dental health.

Dental hygienists  
CLSC Châteauguay

Source : Hygiénistes dentaires du CLSC St-Michel, Capsules santé dentaire  
Image : <http://www.yoopa.ca/experts/billet/au-secours-mon-enfant-sent-mauvais>