

## Ways to Encourage Children to Brush Their Teeth

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It's not easy to encourage children to brush their teeth and keep their oral hygiene healthy. Typically, brushing is not one of their favorite things to do, so they can avoid doing it anytime. Surely, children are unaware of the consequences of not brushing; otherwise, they would not forget it. From their point of view, brushing, like all the other things parents want their children to do, is a dreadful practice that they have to do before going to bed or before going to school.

Collaboration between parents and dentists is necessary to solve this problem. Finding a way to encourage and engage children in brushing is very important. Oral and oral health professionals try to find ways to educate parents and children at the same time to make brushing for children fun.

It should be noted that factors such as the role of parents and pediatric dentists, parental awareness, and children's education can have an impact on encouraging children to brush. A series of tricks like awards, electric toothbrushes, application of fruity kinds of toothpaste, singing when brushing, choosing the right kind of toothbrush and toothpaste can make brushing easier, more enjoyable, and even more entertaining.

### Important Role of Parents and Pediatric Dentists

Tooth brushing is something children have to do, but unfortunately, they do not enjoy doing it. Children do what they like. If the parents are lazy, the children will also make them a model. Parents should educate their children not only about brushing but also on the overall health of the body [1]. Therefore, it should be kept in mind that the secret of the success of this important task depends on the parent's actions. After brushing,

the parents should check the children's teeth; and if it is not done properly, they better to help children in cleaning their teeth completely.

On the other hand, it seems that in most cases, children can listen to the advice of dentists more seriously than their parents' recommendations. As a result, when children go to the dentist's office, it is advisable to provide training and health advice by the pediatric dentist. The bad consequences of not paying attention to brushing should be emphasized and stressed. It seems that the discussions and recommendations of dentists with children have a greater impact on their performance.

## **Parental Awareness**

Parents need to be aware of the dangers of oral infections of their children if they do not pay attention to oral hygiene [2].

Many people do not know that the mouth is in contact with other parts of the body, and the bacteria present in the mouth can endanger the health of the heart and other parts of the body. Oral hygiene training should begin as soon as possible. Mothers should be aware of the effect of gingival inflammation during pregnancy and be aware of the importance of protecting their baby's oral health from birth.

On the other hand, it is necessary to use nutritional supplements more often with the attention and awareness of the possible consequences.

## **Oral Hygiene Education**

Teaching children and showing cartoon pictures of the consequences of a not tooth brushing can encourage them to do so. Children should be taught how important is to brush and keep their oral health [3]. When we do not do this, the plaque is formed on the teeth that cause tooth decay, gum disease, and even loss of teeth.

For older children, it's best to talk about the pain, the unpleasant appearance of the tooth and the bad smell, and warn them that such problems will cause their social relationships to be troublesome.

For younger children, parents should talk about "Do's and Don'ts". For example, they should tell them "you immediately have to brush your teeth after eating your favorite sweets". As for older children, parents can focus on the importance of the beauty and brilliance of the teeth.

## **Make Brushing Fun and Enjoyable**

As long as the child is not interested in brushing her teeth, parents' knowledge of oral health will not be beneficial. For this reason, parents and dentists have to find a way to turn tooth brushing into a fun activity [4]. Despite the child's resistance, it is important to clean her teeth. In fact, parents are responsible for brushing her teeth up to age 5-6, because young children cannot do it properly. Parents should know that children's teeth will be exposed to dental caries faster than adult teeth, but with tooth brushing, the carious agent bacteria will be reduced. In the meantime, this nice habit should last for the entirety of his life.

Long before the child really can brush his teeth alone, parents should make toothbrush accessible for him. Parents should allow the children to play with toothbrushes and toothpaste.

Parents should start working to find ways to get their children to be interested. The child must come to the conclusion that brushing is a hobby, not a duty to do. First, allow the child to brush their parents' teeth. When doing so, try to laugh very loud and make it fun. Then let him brush his teeth by himself; and finally, their parents should properly brush their child's teeth.

Parents try to put a little toothpaste on the child's toothbrush because application of too much toothpaste produces a lot of foams that makes brushing difficult for him and child cannot tolerate that.

One interesting way is to have both parents show a lot of enthusiasm for brushing, and when they do this, they can make a lot of noise. Soon, the child realizes that he lost a fun game and will join their parents. Parents' passion and eagerness are contagious! If parents are enthusiast about brushing their teeth, their children will be eager too. The kids are unique in imitation and they imitate their parents!

## **Suggested Methods for Easily Brushing Teeth in Children**

Many adults know that they have to brush teeth twice a day for two minutes, but teaching this aspect to children and make them do that regularly, is very difficult. To encourage children to brush their teeth, application of a series of strategies can be helpful [5].

### **Start Tooth Brushing from an Early Age**

The brushing method is better to be taught to children from early ages [4]. It is better to begin to clean the baby's mouth a few days after birth. After each meal, clean the gums with a damp cloth. This has three benefits: first, it removes the viscous material that is on the gums. These materials include mucous membranes, food minerals, and bacteria; and cleansing them prevents the growth of bacteria on the child's gums. With this task, a child will be accustomed to having a clean mouth; and will try to keep it clean. Second, the child is no longer upset by Parental involvement and it's easier to brush her teeth. At last, it also makes it easier for a dentist to work.

The first baby teeth appear on average six months later after the birth. Mucous secretion and possibly child restlessness are signs of tooth eruption. Clean the baby's teeth gently with a cotton cloth every day.

If the child is resisting, parents will have a hard time, but they should not give up. If parents have not already cleaned their two-year-old teeth, they might not aware that their children teeth are full of sticky materials. The key to this puzzle is to make tooth brushing a good habit; change it to a stress-free habit. Teaching habits of brushing can be planned from a very young age [6]. Even this habit can be taught to babies with a sense of having something in their mouths; for example, rubbing a clean finger on their gums several times a day. In this way, they do not consider the tooth brushing to be unpleasant.

Even beyond that, parents can put a small amount of toothpaste on the dressing gauze and rub it twice a day on his gums. In fact, in some ways, it can be called tooth brushing. Finally, they can clean the gum with wet gauze.

### **Do Brush with Them at the Same Time**

If the children are a bit older, let them brush their teeth by themselves; and make them interested in this work. Children are naturally eager to learn and want to be like their parents. Parents should allow them to brush their teeth in presence of them. However, they are concerned about everything, and they might ask their parents what are they doing?

Stand them facing the mirror and they can see what you are doing. For the first time, they try to brush their teeth to imitate their parents [7]. Parents should watch up children tooth brushing up to age seven. In the beginning, Parents should always let children brush their teeth by themselves: and then they should try to correct children tooth brushing techniques. Parents might let the other children get involved in this game too.

### **The Availability of Toothbrushes**

Do not necessarily toothbrushes should always be in the bathroom. Children can brush their teeth in the kitchen; or when they are doing their homework, or at the end of each meal. When they always have a toothbrush close to them, there is no excuse to run away from doing.

### **Pay for Dental Costs**

Nowadays, some parents are sharing children dental costs with their teenage children, which can be a motivation for children to pay more attention to their oral health. The main focus should be on educating parents and parental awareness to know about dental caries and the other oral problems that can endanger children's overall health.

No matter which age the child is, it is important for parents to understand that every child is different from another child. What works for a 6-year-old child should not be influenced by another child in the same age range. Therefore, parents first try to identify the personality traits and characteristics of their children and then choose the appropriate motivational paths.

### **Singing**

Another interesting method is to accompany children while brushing their teeth; sing along at the same time. In this way, brushing not only will be enjoyable for children but also it will increase the brushing time.

### **Giving Children the Right to Choose**

The first and easiest thing is to buy a new toothbrush for the child. Parents should allow his child to choose his own toothbrush based on cartoon characters [4]. This will increase his interest in tooth brushing. Some toothbrushes even play music, which makes children thoroughly clean their teeth while it is playing the music. For older children, it's best to let them choose their favorite color; or they can be suggested to use an electric toothbrush instead of a regular toothbrush.

If the child is five years old and still hates brushing, it becomes a bit harder because his habits and temperament are somewhat formed. Choosing a toothbrush that is relevant to a particular game or program can be a good idea. These toothbrushes are sold online. Colorful and vibrant colored toothbrushes with flashing lights will make the action more exciting if the kid is reluctant to tooth brushing.

### **Involve Their Friends**

When we see children who are not interested in tooth brushing, it is advisable to encourage them to brush their favorite doll teeth [8]. Every morning, with the statement, parents can start the work. "Well, could you brush your Teddy's teeth or Bugs Bunny's teeth?" As they brush their favorite dolls teeth, parents can also start brushing their kid's teeth.

It turns out when children are brushing their favorite dolls teeth, they feel somewhat self-confident. In other words, when they do it, they feel that they have taken their parents places; and act like them, just as their parents do it for them.

### **Avoid Strong Flavor Toothpaste**

One of the reasons why children are reluctant to tooth brushing is related to this matter [6]. If the child continues to resist brushing, make it more enjoyable for her. Finding toothpaste they love is another great point that should be considered. Almost all toothpastes have a strong taste that adults rarely notice, but they may cause irritation of children's gums and oral cavity [6]. The taste of some mint flavor toothpastes for children might be too spicy that make brushing unpleasant [6]. Avoid strong flavors for children. Children do not like the burning sensation; and thus do not brush their teeth. As a result, the use of mint toothpaste is not a good idea.

It is recommended for children to use fruit flavor paste or asks children to choose their favorite flavor. Parents can make it a healthy habit for them. Of course, fruity toothpaste has a sweet taste, and children tempt to swallow it. If this is the only way that they might follow the brushing, parents should let them do that. Children under 3 years of age need only a mild rubbing motion, and there is no need to be brushed their teeth vigorously, parents should not overdo it. Parents have to be reminded that this may cause a series of complications in the child.

### **Reward**

In dentistry, children enjoy only and only visiting dental office because, after each visit, they would be rewarded fantasy labels [6]. If parents are trying to teach their children a regular tooth brushing, they should suggest their children after each good tooth brushing, they would have nice big stars as a gift [9]. It's very simple but effective; and if they have siblings, the sense of competition between them will emerge. For example, if they have been brushing up for a week without parental reminders, they deserve a prize on weekend.

In conclusion, one of the major problems for mothers is to brush children teeth. Seeing decayed and damaged teeth in the mouth of a two-year-old child is a distressing scene. At this age, the child is reluctant to tooth

## Conclusion

In conclusion, one of the major problems for mothers is to brush children teeth. Seeing decayed and damaged teeth in the mouth of a two-year-old child is a distressing scene. At this age, the child is reluctant to tooth brushing. Furthermore, if he does by himself, his brushing does not have enough quality. Here, the role of parents and pediatric dentists as motivators for children to brush their teeth can be an important key. Parents can give a positive impetus to children by training them how to brush their teeth, and they also can use specific tricks to encourage them.

Tooth brushing should be taught in very young children as a hobby, not a task imposed on them. In older children, brushing should be described as an oral health routine in their everyday lives.

Children are followers of their parents. Whatever they do, children are imitating the same thing. As a consequence, if parents are keen on brushing their teeth, children likely will follow them. If parents are not able to do this, they can consult with the dentist to motivate the child. Always tell the child exactly what you expect from him, and criticize his actions instead of criticizing his personality.

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