

*I can't get my child to brush his teeth!*

Encouraging and getting your child to brush his teeth regularly can sometimes be one of the most frustrating tasks you face as a parent of a young child. Luckily, there are a few tricks and ways to get your child to brush his teeth!

- Have your child watch you brush and floss, even letting him help you
- Give your child several different colors of toothpaste, designating each one as the color or time of the day
- Comment often on their good job by noticing their fresh breath and sparkling smile
- Place their toothbrush beside their breakfast utensils as a reminder
- Place their toothbrush by the pillow before bedtime as a reminder
- Purchase one of the new, fun, electronic toothbrushes for your child

The important thing is that tooth brushing should not be conveyed as a chore, but an activity that is fun and good for you.

Have you had success in this area? Please e-mail us your suggestions and we will include them for other plan members.