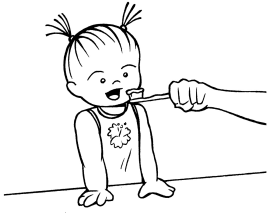


# Let 's Brush

Age: Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical

## What You Need:



- soft cloth
- A small, soft child-size toothbrush

## What To Do:

1. Before your baby's first teeth come out, make it a practice to wipe his gums with a soft cloth after he eats. Talk about what you're doing and why. For example, "We're cleaning your gums to keep your mouth and body healthy."
2. When your child's first baby teeth start to come out through his gums, gently brush his teeth with a soft-bristled, child-size tooth brush after breakfast and before bedtime to prevent tooth cavities.
3. As he gets older, help him hold the toothbrush and guide him through the motions of brushing his teeth.
4. When he is brushing his teeth, brush your teeth too, so he can watch and copy you.



Learning to Grow

University of Hawai'i Center on the Family (CTAHR)

[www.learningtogrowhawaii.org](http://www.learningtogrowhawaii.org)

*Learning to Grow*  
MAKING A DIFFERENCE TOGETHER