THE RIGHT TOOTHBRUSH CAN GET YOUR CHILD EXCITED ABOUT BRUSHING

ORAL-B has products that grow with your child

<table>
<thead>
<tr>
<th>BABY (0-2 YEARS)</th>
<th>KIDS (3-4 YEARS)</th>
<th>JUNIOR (6+ YEARS)</th>
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<td>![Toothbrush Baby]</td>
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<td>![Toothbrush Junior]</td>
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For children 3+, electric toothbrushes are safe and the most effective brushing option.*

CHILD’S NAME: ____________________________

Tips: ____________________________________

Products your dentist recommends
I will try using this brush _________________ with this toothpaste ________________.

FOR TIPS ON HOW TO GET FIDGETY CHILDREN TO COOPERATE DURING BRUSHING, visit oralb.com/en-us/oral-health/life-stages/kids.

*When used as directed.

The American Academy of Pediatric Dentistry supports the use of electric toothbrushes for children 3+ as the most effective brushing option when used as directed.

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Choose an action that you always do with your child as part of the morning routine.

As soon as I have...

☐ Got my child out of bed
☐ Got my child dressed
☐ Washed my child’s face
☐ I will brush my child’s teeth thoroughly with a smear/pea-sized amount of fluoride toothpaste.

Choose an action that you always do with your child as part of the evening routine.

Just before I...

☐ Put my child’s nightclothes on
☐ Give my child a bath
☐ Read my child a bedtime story
☐ Put my child into bed
☐ I will brush my child’s teeth thoroughly with a smear/pea-sized amount of fluoride toothpaste.

MORNING ROUTINE

EVENING ROUTINE

STONG TEETH MAKE STRONG KIDS

LEARN MORE AT oralb.com/en-us/oral-health/life-stages/kids

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START WITH
3 SIMPLE BRUSHING RULES

MAKE BRUSHING PART OF THE ROUTINE
Pair brushing time with morning and nighttime activities you already do, like putting shoes on or reading bedtime stories.

1 Brush every tooth surface for 2 minutes every morning and every night for an effective clean

2 Dispense no more than a pea-sized amount of fluoride toothpaste and supervise children during brushing

For the best protection against tooth decay, use a toothpaste that contains fluoride

Ages 2+: Use a smear

Ages 3-5: Use a pea-sized amount

3 Remind kids to spit out, not swallow, the toothpaste

HOW TO BRUSH STEP-BY-STEP

MANUAL BRUSH

Use short, gentle strokes, moving from the gums toward the edge of the teeth.

On chewing surfaces, hold the brush flat and brush back and forth.

For inside front teeth, use gentle up-and-down strokes with the tip of the brush.

ELECTRIC BRUSH FOR KIDS 3+*

With an electric brush, there’s no need to scrub. The brush does the hard work so you don’t have to.

Gently hold the brush over each tooth surface—front and back—for a moment before moving on to the next.

Remember you only need to press the brush head gently to teeth.

*To ensure these products are right for you, always read and follow the labels.

PAIR BRUSHING TIME WITH MORNING AND NIGHTTIME ACTIVITIES YOU ALREADY DO, LIKE PUTTING SHOES ON OR READING BEDTIME STORIES.

COMPLETE THE CHECKLIST ON THE REVERSE SIDE AND USE IT AS A GUIDE WHEN FORMING A BRUSHING ROUTINE FOR YOUR CHILD’S TEETH, TO HELP YOU REMEMBER TO DO IT TWICE A DAY, EVERY DAY.

STRONG TEETH MAKE STRONG KIDS

MAKE BRUSHING PART OF THE DAILY ROUTINE

12/20/18 4:19 PM