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# Tips for brushing teeth





I don't like brushing  
my teeth!

It feels unpleasant!

How can I help my child?

# REGULARITY

Teeth should be brushed in the morning and evening.

Brush for 2 minutes at a time.

The child should have a toothbrush suitable for their age.



# LET'S BRUSH TOGETHER

Brush your teeth at the same time. Set an example!  
You can let your child brush your teeth first.

After this, they may be more willing to  
brush their own.

Make toothbrushing a pleasant moment  
you share together.



# EXAMINE THE TEETH

Examine and familiarise yourselves with your teeth using a mirror.

How many teeth can you find?

It may be easier for your child to accept the toothbrush going into their mouth when they can see it in the mirror.



# TIMERS

You can try different timers that make it easy for the child to follow the passing of time.

Examples of timers:  
Vegemi app, Time Mouser app



# GOOD POSITION

Is the child in a good position?

Is it better to sit or stand?



## SONGS AND RHYMES

Make up a rhyme together about teeth to chase away the “tooth germs”.

You can also find ready-made songs on YouTube: Brush Your Teeth song.





# REMEMBER THESE:



REGULARITY

PATIENCE

PLAYFULNESS



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This materials is produced by  
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More multilingual guidance material for families:

[tuni.fi/perheinfo](https://tuni.fi/perheinfo)

Images: [www.canva.com](https://www.canva.com)

More information about Niitty2-project:

[tuni.fi/niitty2](https://tuni.fi/niitty2)



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