

At What Age Should a Child Brush Their Own Teeth?

Oral care is crucial even before a baby's first teeth arrive; most dentists recommend that parents clean their babies' gums with a soft washcloth. And as soon as the first teeth break through the gums, they require additional care: a baby-sized toothbrush, a smudge of fluoride toothpaste, and twice-daily cleanings. Obviously, an infant can't be trusted to handle these responsibilities right away. So, you might wonder, at what age should a child brush their own teeth?



The Early Days of Oral Care

Gum Cleanings: As previously said, regular gum cleanings are the first step in the process. To clean the gums of your infant after each feeding, use a clean, damp towel or gauze.

The First Tooth: You should start brushing your teeth as soon as you notice one. Twice a day, brush your child's teeth with a toddler-sized toothbrush. Apply a little (about the size of a rice grain) dab of toothpaste that contains fluoride.

First Visit with the Dentist: It is advised by the American Dental Association to arrange for your child's initial examination as soon as the youngster erupts and no later than on

their first birthday. Your dentist will examine you for tooth decay and go over oral hygiene practices (brushing, sucking, etc.) that can affect your teeth.

Developing Good Habits: You can start using a pea-sized amount of toothpaste from the age of three to six instead. Once your child has two teeth that touch, start flossing. Continue brushing your child's teeth gently twice a day for approximately two minutes each time. Establish a regimen that includes flossing once a day and brushing twice a day. Make dental appointments on a biannual basis.

You should continue to watch your child's tooth-brushing practice until they are approximately six years old, regardless of when you start to trust them to do it on their own. This not only enables you to verify that your child is truly brushing their teeth for the recommended two minutes each time, but it also helps to make sure that your child is spitting out the toothpaste rather than ingesting it.



Your Saraswati Dental College team is here to help!

We are proud to be well-known pediatric dental experts in **Saraswati Dental College and Hospital**. We are here to help you and your child adjust to their new world of dentist visits in any way that we can. If you think it would be helpful to introduce your child to our team before their appointment, please let us know and we are happy to make that happen. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions. We like to help people for the betterment of your future.

