



Why does praising your kid for brushing teeth matter?

Every parent knows what it's like to try to make a child brush their teeth who doesn't want to. There are a lots of items on the market designed to help in this regard, such as fancy brushes, apps, toys, etc. But research has shown that the best tool actually won't cost you a thing – encouragement!

Research shows that praise is impactful. So-

HOW DO YOU BUILD YOUR CHILD'S MOTIVATION FOR BRUSHING?

To get started, you need to hand the toothbrush to your child, so they realize it's up to them. It is the only way they'll learn to effectively brush their teeth. This may seem like more work initially but allowing them to steer the process is great for fostering improvement in their brushing skills, leading them to adopt better oral hygiene habits with age. Most children should

be able to brush their teeth starting between the ages of six and nine.

Naturally, you'll need to assist to ensure they clean those hard-to-reach areas but while they're holding the brush, be sure to offer appropriate praise. You can do this by:

- Focus more on their effort than the actual result. Yes, you want to make sure their teeth are clean but praising their attempt will encourage them to keep going.
- Consider the words you choose, using "Good job," "You're doing great," or "Very good."
- Make eye contact with your child so they can see the expression on your face. Words mean a lot but your eyes can really help you get your point across.
- Even once your child is old enough to brush their teeth unsupervised, don't underestimate the importance of continuing to praise them and letting them know you are proud they are taking charge of their oral health.

Your Saraswati Dental College team is here to help !

We are proud of 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 dental visits in any way that we can. 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 would like to help you for betterment of your future.