

Two Minutes, Twice a Day

Oral Health Tips for Your Child



SCHOLASTIC and associated logos are trademarks and/or registered trademarks of Scholastic Inc. All rights reserved. 659941 Photos: giri with dad, © Takahiro Igarashi/Media Bakery.

Mouth pain. Tooth decay. Cavities and fillings. There's one simple thing you can do to help prevent all of these: Have your child brush for two minutes, twice a day.

- When baby teeth break through the gums, brush using a children's toothbrush and fluoride toothpaste in an amount no more than the size of a grain of rice.
- For kids under age 3, as soon as their teeth start coming in, brush using a children's toothbrush and fluoride toothpaste in an amount no more than the size of a grain of rice.
- Use a pea-sized dab of fluoride toothpaste for kids ages 3-6, and use slightly more when they're older.
- Around age 6, your child is ready to brush without help, but stay close to make sure he or she is brushing for two minutes, twice a day.

For a lifetime of strong, healthy teeth, visit the dentist and teach your child good brushing skills!

How Long Is Two Minutes?

Make counting out two minutes fun for your child.

Use a favorite song as a timer: Play a song while your child brushes. When the song timer shows two minutes, it's time to stop.

Play a two-minute video: Use the videos on the "Watch & Brush!" page at 2min2x.org/watch-brush for two minutes of toothbrushing fun.

For fun family activities all about healthy teeth, visit scholastic.com/healthyteeth.



Use the free Tothsavers app: Tothsaver characters brush their teeth along with your child for exactly two minutes. Learn more at scholastic.com/healthyteeth.



I Brushed for Two Minutes, Twice Today!

Log Your Progress! Go to scholastic.com/healthyteeth to print copies of this chart for your child to check off each morning and night.



For more tips, visit 2min2x.org.

S SUN	M MON	T TUE	W WED	T THU	F FRI	S SAT



My reward will be _____.