



Learn to Brush Better from a Registered Dental Hygienist

Brushing our teeth is something we should be doing at least twice a day, every day! In this video, a registered dental hygienist will share some of her best tips to make sure the toothbrush is reaching all the hard-to-reach places inside our mouths.

Using a mouth model, the registered dental hygienist will demonstrate how long we should be brushing in each quadrant of our mouths, how to hold or angle the toothbrush, how to brush back-and-forth to reach the teeth and gum line, and how to spot some of the problem areas for our teeth.

As you watch the video you can challenge kids to think about why it's so important to brush their teeth morning and night. You can also ask some open-ended questions to get them thinking about their own brushing habits and the information they've learned in the video. For example:

1. Do you brush your teeth twice a day?
2. Do you use a manual or electric toothbrush?
3. Why does the hygienist say it's most important to brush your teeth at night?
4. Why does the hygienist say you should never share your toothbrush with somebody else?

You'll also notice that the hygienist in the video talks about some different ways to get kids involved in establishing their own good oral health habits. This might be a good time to pause the video and talk with kids about the differences and similarities between an adult's mouth and a kid's mouth. No matter your age, it's important to brush for 2 minutes, two times a day.