



Kids need help until they're about 8

- To develop a healthy smile, every kid needs a brush buddy.
- A brush buddy helps them clean their teeth properly, just until they're ready to brush on their own.
- Most koolangka need help until they are about 8 years old.
- Show them hard-to-reach places to brush all the bugs away.
- If they can tie their shoelaces, they're ready to try brushing on their own.



It's best to lead by example – let them see you brush twice a day too.



Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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Early Childhood Dental Program

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