



# NC SEEDLING



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

UNC-CH, Department  
of Epidemiology

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[www.NCSEED.org](http://www.NCSEED.org)

## Brush It!

Helping your child get in the habit of brushing their teeth for 2 minutes twice a day is no small feat. So, we researched a few tips to help.

**Make It Fun:** Play your child's favorite song, dance with child, or show brushing apps/videos while toothbrushing.

**Start A Routine:** The more second nature brushing becomes the easier it will be.

**Reward Brushing:** Use your child's motivators. If it's stickers, make a reward chart and let him add one every time he brushes. If she's a reader, let her pick out the bedtime story. Ask to see that smile, saying "Way to go" with a huge high five.

**A Family Affair:** Let them see you brush your teeth.

**Use Books/Shows:** Many children's shows and books, (*Sesame Street*) have stories about brushing. Watch and read your child's favorites together.

**Offer Choice:** Let your child pick which brush and paste to use.

**End on a Positive:** First toothbrushing, then one of your child's favorite activities, games, or toys.

**Play Dentist:** Let your child brush their furry friends, then take a turn with a dry toothbrush in their mouth.

**Make Adjustments:** Try warm water instead of cold. Try fruity, mint, and unflavored toothpastes. Use a soft-bristled brush or start with a washcloth to help your child get used something touching their teeth. Electric brushes can be calming for some.

Adapted from: <https://www.mouthhealthy.org/en/babies-and-kids/fun-ways-to-encourage-kids-to-brush>

<https://www.whattoexpect.com/toddler/photo-gallery/toothbrushing-games.aspx>

<https://pathways.org/make-teeth-brushing-fun-6-easy-tips/>

## NOTES

- All 6 sites have enrolled 2590 families
- NC SEED has enrolled 422 families
- Thank you for your participation!

## Decorating Eggs Without Dye

Are you looking for a way to decorate eggs without the mess of dye? Try temporary tattoos or stickers.

### Steps:

- ♦ Remove plastic backing from tattoo.
- ♦ Place it face down on egg. Smaller tattoos are easier to smooth.

- ♦ Press wet sponge on tattoo for 30 seconds.
- ♦ Peel off paper backing and let dry.

Or, use your child's favorite stickers and apply to clean, dry eggs.

For more tips: <https://blog.temporarytattoos.com/how-to-decorate-easter-eggs/>



Photo from: <https://janecanblogdot-com.wordpress.com/2015/03/25/eggs-eggs-and-more-eggs/>

