

Can't Brush Your Child's Teeth? Here Are Some Tips!

Hi, my name is Stacy Matsuyama-Sekioka. I am a registered dental hygienist. I work on the Big Island on the Kona side. And I am here to present to you, what do you do when you can't brush your child's teeth? So, here's some tips.

You're going to do a Knee-to-Knee. Knee-to-Knee is where it's at. You can do it on the couch or you can do it on the floor. Open wide and look inside. Did you miss any spots? Lift the lip. Be sure to check the teeth at the gum line and if any teeth look different, it's time to visit your dentist. Finally got it!

So, have some fun brushing and do it morning and night. Consistency is the key. And if you are still having a hard time, sing a song and play along.

"Brush, brush, brush your teeth every night and morning. Floss, floss, floss in between don't you feel real clean. Rinse, rinse, rinse your mouth with a little water. Swish, swish, swish around, your mouth will feel real clean."

You will slightly palpate your child with your fingers. Start at the neck; work your way up to the lower jaw and you'll circle around the mouth. Be sure to set a routine and be consistent.

So, here's a video. I didn't have a child, obviously, I will be the model today. And here's an example how you could desensitize your child.

"Open shut and open shut and open really wide. Open shut and open shut, put that brush inside."

So, this was a song sung and composed by me, Aunty Stacy.

Have a good day, bye!