

 **starsmilez® IN YOUR HOME**

Here are some ways you can use StarSmilez® in your home to teach great oral health.

Oral Cavity Prevention – Proper brushing and flossing habits can be some of the most challenging to teach and reinforce. Kids often think that a “good” brushing lasts about five seconds. Our job is to teach them not only that brushing is a serious task that takes some time, but also that it’s a rewarding undertaking that is part of a healthy lifestyle.

Use the [StarSmilez® Brushing Your Teeth](#) guide to help you through the brushing process.

Brushing Techniques – Using your StarSmilez® personality and a toothbrush, point out all the places in their mouths that they need to remember to brush and demonstrate proper brushing techniques. Have them point to the areas in their own mouths as they follow along to make sure they know where to brush. Let your son/daughter brush the characters teeth themselves to show you what they have learned, and praise them for brushing correctly.

Flossing your child’s teeth – Flossing is important for oral health, but must be done correctly. When your son/daughter reaches an age where they begin to floss, use a StarSmilez® Personality to show them the correct way. Demonstrate how to hold the floss and then use the flossible locations in the model to teach your child correct flossing techniques. After teaching the flossing techniques to your son/daughter, let them try flossing the StarSmilez® Personality on their own. This way you can make sure they understand the proper way to floss.

Positive reinforcements make brushing fun – Encourage your son/daughter to brush their teeth by making it a rewarding experience. Keep track of your child’s brushing habits throughout the week. Make sure to tell them “good job” after each time brushing. Get them excited about showing you their teeth by asking to see their bright white smile. If you are excited, your child will be excited too!

Make it a family affair – Brush your teeth with your children. Let them see you taking care of your smile. Children are more likely to follow healthy habits when they see their parents practicing healthy habits as well.

Encourage healthy choices – Don’t just teach your kids to brush their teeth, also teach them the importance of healthy eating. Here are some helpful tips for healthy choices!

- Drink plenty of water daily
- Eat fiber-rich raw food such as apples, carrots, cucumbers, etc.
- Eat or drink calcium rich food such as milk, cheese, yogurt, etc.
- Snack on nuts such as cashews, peanuts, almonds and walnuts.
- Brush your teeth after eating meat

Don’t forget to print your weekly brushing charts & keep track of your child’s brushing habits!
For brushing charts, coloring pages & more, visit <http://starsmilez.com/games-activities.php>