

# TIPS FOR BRUSHING FOR 2 MINUTES



## Two Toothbrush Trick

This is great for the I-can-do-it-myself (*except I still need some help!*) toddler. Take two toothbrushes. Give 1 to your toddler and let them “brush”. Likely they’ll mostly just bite on the brush. However, this will prop their mouth open, and keep their hands busy. You take your brush, with tooth paste, and brush around them while they do their very best to help you!

## “Chompers” Podcast

This is great for kids who love story time! This podcast, available on many streaming apps and YouTube, has a brand new 2-minute story every morning and every night! Its geared toward your late-preschoolers to early elementary schoolers. While no longer in production, with years of two episodes per day, your still set for a while!

## Time it!

There are many different apps out here that also time 2 minutes. Want to go tech-free? (*Always my dream*). Get a good old-fashioned sand or kitchen timer. They’re a few dollars each (or free if already in your kitchen!) and your kids will love getting to play with your “toys” while they brush their teeth. (*Pro tip: to make it more desirable, they can only use the timer if they are brushing their teeth!*)