

Flossing Tip



If your child hates flossing, focus first on only the areas where the teeth touch.

- ✓ If there are multiple spots, consider rotating the location you start flossing every night when you're just starting.
- ✓ Set realistic and achievable goals

Flossing Schedule for Starters

ROTATE A DIFFERENT SPOT EACH NIGHT

TUESDAY upper front teeth

MONDAY

upper right
back teeth

WEDNESDAY

upper left
back teeth

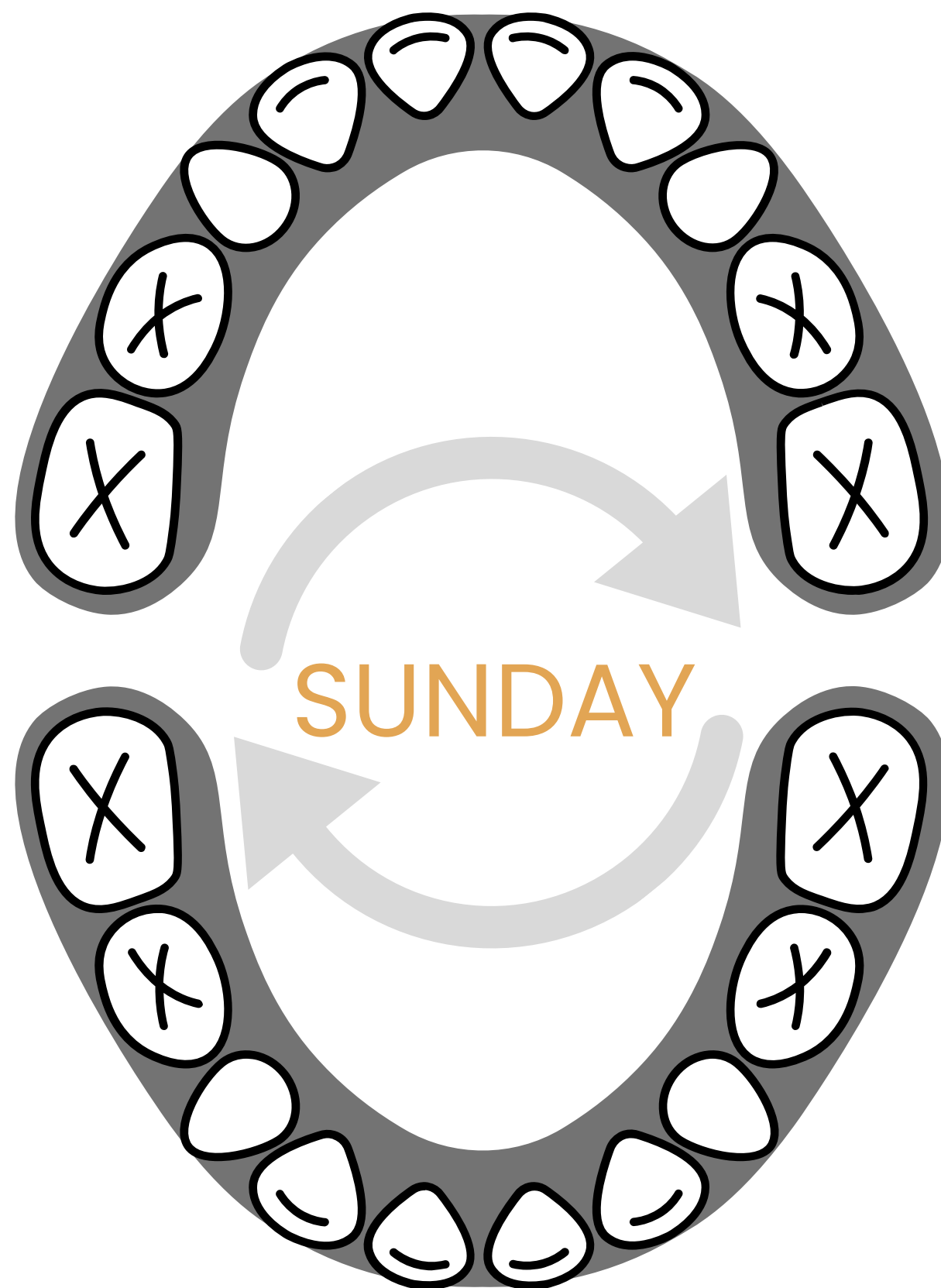
SATURDAY

lower right
back teeth

THURSDAY

lower left
back teeth

FRIDAY lower front teeth



Flossing Tip



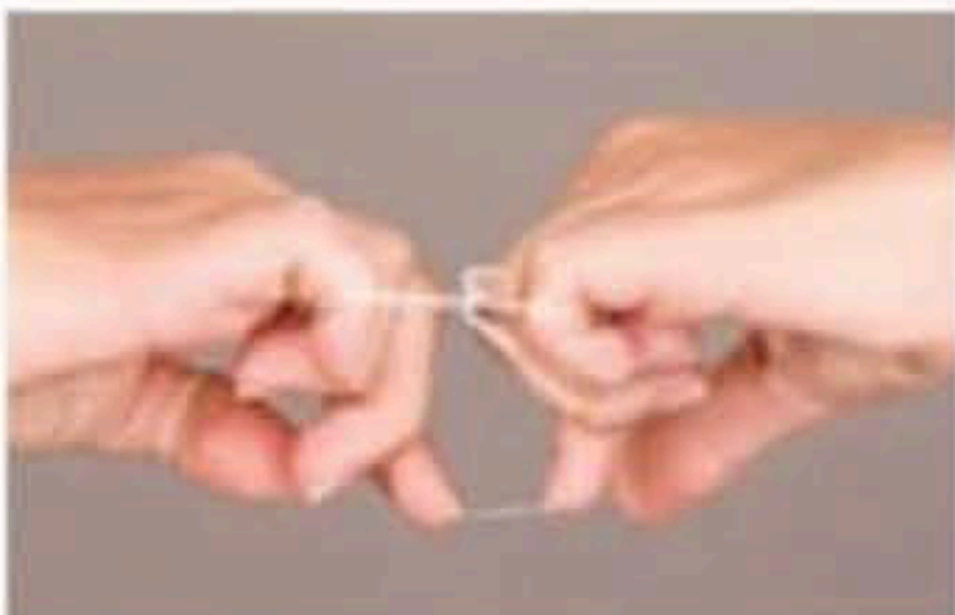
If traditional flossing is tricky for your hands, try other creative flossing options

- ✓ Spool method with traditional floss
- ✓ Regular & long handle flossers
- ✓ Water floss

HAVING TROUBLE? TRY THE LOOP METHOD!



- Take a piece of floss, make a loop the size of your hand & double knot to secure it.
- Place your fingers (except the thumb) in the circle.
- Use your index fingers to guide the floss between the teeth.



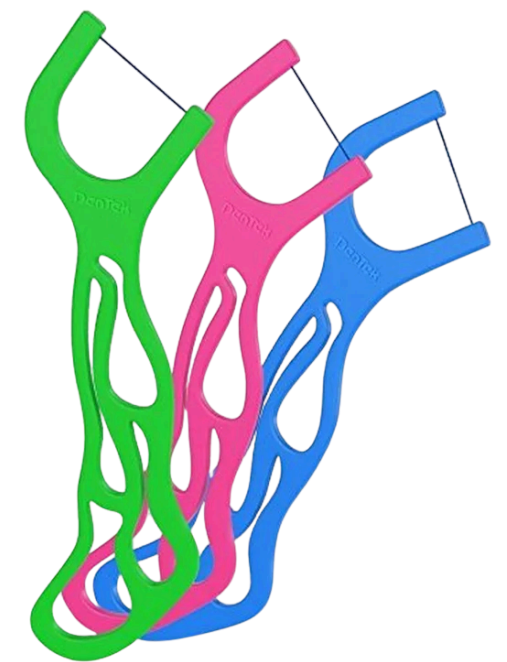
INSTEAD OF

TRY THIS

Traditional floss options



Dentex Kids



ADA Seal of Acceptance
Cost Effective
Yummy Fruit Flavor

Listerine Ultraclean



Long Handle Design
Helps Reach the Back Teeth
Mint & Unflavored Option

WATER FLOSS

PROS

- ✓ Easy to use & safe for wiggly kids
- ✓ Gets in hard to reach areas
- ✓ Useful for kids in braces



CONS

- ✗ May not remove all plaque as effectively as regular floss
- ✗ Expensive
- ✗ Messy

Flossing Tip

3

Find a flavor of floss your child likes best! Some kids even prefer flavorless.



Flossing Tip

4

If your child likes to bite when flossing, give them a brush to use while you floss.

- ✓ You can use a soft bristle toothbrush with some tasty toothpaste to distract your child.
- ✓ You can also use a silicone toothbrush or teether for your child to chew on instead.



GUM FLOSSMATE
reusable floss holder

*compatible with any
floss options*

RADIUS
silk

*unflavored
available*

GREEN
FLOSS
OPTIONS



HUMBLE CO
corn starch
mint flavor



GRIN NATURAL KIDS
corn starch
fruit flavor

