

# Different Positions for Brushing

There are several positions you can adopt to clean a child's teeth. Remember that it is crucial to support the head, have a clear view inside the mouth, and move the brush around easily. Ensure you have good lighting for visibility. Furthermore, collaborate with your dentist, dental hygienist, or dental assistant to identify the safest and most comfortable position for both you and your child.



## Standing in the Bathroom:

- If your child is standing, have him stand in front of the bathroom mirror with his head tilted slightly against your body.
- Place your hand gently over your child's hand so that you can help with tooth brushing.
- This will help your child learn how to brush. Standing behind the child makes it easier for you to brush the child's teeth.



## Sitting on the Floor:

- You sit on a chair with the child sitting on the floor in front of you.
- Have the child lean against your knees.
- You can gently place your legs over the child's legs or arms to keep them still, or a second person can help you.



## Lying on the Floor:

- Place the child on the floor.
- Kneel behind the child.
- Place a pillow in your lap.
- Place the child's head on the pillow.
- Use your arm to help hold the child's head still if needed.

### Important

- Remember that in any position, it is important to support the child's head.
- Take care to make sure the child does not choke or gag when the head is tilted back. Lying or reclining on the floor can be very difficult for a child with cerebral palsy or any other condition involving muscular control. A sitting position is often a better option for these individuals.

Visit the dentist regularly so they can observe your child's dental development.

Material adapted from the South Carolina Department of Health and Environmental Control, Division of Oral Health. Source: <https://scdhec.gov/sites/default/files/Library/CR-010418.pdf>

Autorizado por la Oficina del Contralor Electoral OCE-SA-2024-01115

