

## Step by Step Guide to Toothbrushing

### Step 1: Introduce toothpaste

Place a small amount of toothpaste onto your finger and encourage your pet to lick the toothpaste. This allows them to get used to the taste and texture of the toothpaste as a positive experience.

### Step 2: Introduce your finger

Place a small amount of toothpaste onto your finger, only this time rub your finger along the outside surface of the teeth and gums. Only go as far as your pet is happy to let you go. Repeat a number of times on different occasions as you may be able to go further each time.

### Step 3: Introduce the toothbrush - canines

Apply some water and a small amount of toothpaste to one end of your toothbrush. Allow your pet to lick some of the toothpaste to reinforce that there is nothing to worry about. Hold your pet's head still and lift their upper lip to show their teeth. Start by using a circular motion with the toothbrush on the canine teeth, only do this for as long as your pet is willing to let you. Always ensure you do both sides of the mouth.

### Step 4: Introduce the toothbrush – back teeth

Only progress to this step when you can comfortably brush your pet's canines. Start as before with the canines slowly moving backward in a circular motion. Only go as far back as your pet will allow, ensuring you do both sides of the mouth.

### Step 5: Introduce the toothbrush – all teeth

This final step should only be done when your pet is comfortable with you brushing their canines and back teeth, as they have sensitive small front teeth (incisors). When you have completed steps 3 and 4 gently lift up their front top lip and using an up and down motion brush the top incisors. Then repeat this step with the bottom incisors.

