



PARENT AND CHILD TOOTH BRUSHING ASSESSMENT

Below is a list of behaviours observed among young children while tooth brushing independently or when assisted by a parent/carer. For each behaviour, please indicate:

1. **How often** that behaviour happened with your child during tooth brushing **in the last week** (see scale below)
2. **Whether the behaviour is a problem** for you (yes/no), and
3. **How confident you feel** in successfully handling the behaviour (on a scale of 0 – 10).

Please ensure that you give an answer in each of the three columns for each behaviour.

Should you come across a behaviour that does not happen with your child, please rate how confident you would feel in successfully handling that behaviour if it were to occur.

	How often does your child demonstrate each of the following during tooth brushing? <i>(please tick)</i>					Is this behaviour a problem for you? <i>Please circle</i> Yes or No	How confident do you feel in successfully handling this behaviour? <i>Certain I can't do it (0) – Certain I can do it (10)</i>
	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>		
Refused to brush their teeth in the evening						Y / N	
Refused to brush their teeth in the morning						Y / N	
Didn't come to brush their teeth when called						Y / N	
Made excuses to avoid tooth brushing, e.g. already brushed, sleepy, too tired, etc.						Y / N	
Tried to negotiate tooth brushing, e.g., insisted on only brushing the front teeth						Y / N	
Tantrumed about tooth brushing						Y / N	
Cried about tooth brushing						Y / N	
Refused to open their mouth for tooth brushing						Y / N	



	How often does your child demonstrate each of the following during tooth brushing? <i>(please tick)</i>					Is this behaviour a problem for you? <i>Please circle</i> Yes or No	How confident do you feel in successfully handling this behaviour? <i>Certain I can't do it (0) – Certain I can do it (10)</i>
	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>		
Needed constant reminding and prompting to keep their mouth open for tooth brushing						Y / N	
Didn't stay still enough for tooth brushing						Y / N	
Complained or whinged during tooth brushing, e.g. didn't like tooth paste or tooth brush, or how long it takes to brush						Y / N	
Tried to avoid having to brush their teeth, e.g. swallowed the tooth paste, spat, or chewed or sucked on the tooth brush						Y / N	
Played with tooth brush, water or paste instead of brushing						Y / N	
Talked instead of brushing their teeth						Y / N	
Ran away during tooth brushing						Y / N	
Insisted on tooth brushing all by themselves						Y / N	
Didn't allow all teeth to be brushed, e.g. not the teeth at the back						Y / N	
Tried to rinse toothpaste from their mouth immediately						Y / N	
Took too long to brush their teeth						Y / N	
Brushed their teeth too quickly						Y / N	
Refused to use toothpaste when tooth brushing						Y / N	
Other (Please insert)						Y / N	



Parents use a variety of strategies to ensure their children brush their teeth regularly. Below are some of these strategies. Using the scale provided, please rate **how often** you use each of these strategies for tooth brushing with your child **in the past week**.

	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>
Had a morning routine for your child that included tooth brushing					
Had an evening routine for your child that included tooth brushing					
Used an alarm or a reminder to help you remember to brush your child's teeth					
Had rules for tooth brushing, so your child knows what is expected of them					
Gave your child a choice of which tooth brushes or tooth pastes you buy, e.g., favourite colour					
Used a reward/sticker chart to encourage your child with tooth brushing					
Explained to your child the importance of brushing teeth properly, e.g. healthy teeth and gums					
Gave your child a clear instruction to come for tooth brushing					
Reminded your child about the ground rules for tooth brushing before the start of brushing (e.g., keep mouth open while brushing)					
Stayed with your child while they brushed their teeth					
Took turns with your child to brush their teeth					
Made tooth brushing playful, e.g., by singing songs					
Read books about tooth brushing with your child					
Used apps/games/videos to help your child get interested in tooth brushing					
Used a two-minute timer (e.g. sand timer, phone, or in-built tooth brush timer) to make sure that your child's teeth were brushed for 2 minutes					
Use a two-minute timer (e.g. sand timer, phone, or in-built toothbrush timer) to make sure that your child's teeth are brushed for 2 minutes					
Brushed your own teeth to show your child how to brush well					



	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>
Praised your child when they brushed their teeth well					
Persisted with tooth brushing when your child resisted					
Used a logical consequence when a problem behaviour occurred (e.g., missing out on story time for running away during tooth brushing)					
Used time-out when a problem behaviour occurred with your child during tooth brushing					
Coaxed and pleaded with your child to brush their teeth					
Used physical punishment (e.g. smacking) if your child didn't cooperate with tooth brushing					
Forcibly restrained your child in order to get their teeth brushed (e.g., held their arms down so they couldn't push the brush away)					
Scolded or yelled if your child didn't cooperate with tooth brushing					
Threatened your child with consequences for not co-operating while brushing					
Shared responsibility for your child's tooth brushing with your partner/co-carer (Please skip this question if you do not have a partner/co-carer)					
Used visual aids to demonstrate proper tooth brushing					
Skipped or shortened tooth brushing when your child resisted					
Other – please insert					



Below are some statements about tooth brushing, including attitudes, thoughts and feelings parents may have about children's tooth brushing. Please read each statement, and **indicate your agreement or disagreement** using the scale provided.

	<i>Almost always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Seldom</i>	<i>Never</i>
I know how to brush my child's teeth properly					
I am satisfied with how my child's teeth are brushed					
I feel it is okay to not brush my child's teeth if they don't want it done e.g., if they are upset or say they feel sleepy					
I feel brushing once a day is enough to prevent tooth decay					
It would be easy to brush my child's teeth if I just knew how to get him/her to cooperate					
I find it difficult to brush my child's teeth well					
I feel anxious when it's time to brush my child's teeth					
I feel stressed out while trying to brush my child's teeth					
I feel anxious when my child does not brush their teeth					
I feel guilty when my child does not brush their teeth					
I feel like I am the only parent who has problems with their child's tooth brushing					
I worry about my child getting tooth decay					
I feel defeated when I think about my child's tooth brushing					
If my child does not brush, I feel like I'm a bad parent					
As long as my child brushes their teeth, I don't care how well it is done					
I can overlook any misbehaviour while brushing as long as my child is brushing					
I am unsure where to seek help if/when my child refuses to co-operate with tooth brushing					
Brushing teeth is not a priority when there are many other important things that need to be done for my child					
I would feel ashamed if my child developed tooth decay					
Brushing my child's teeth is much harder than I thought it would be					
I do not have time to supervise my child's tooth brushing					

Citation:

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