

BRUSHING TEETH STEP BY STEP

Step 1: Habituation

Before you can brush the entire dentition, your dog must have time to get used to these new actions. So take enough time for this. Wanting to go too fast creates frustration for both you and your dog. To persevere, it must be a fun moment for both.

Make it a predictable situation. For example, put your dog on the table, or use a solid cloth as a surface if your dog is too big for the table and put the cloth away again after the exercise moment.

Place yourself at his side and not in front of him.

Then choose the step you want to practice on. Start with the step that doesn't cause stress and doesn't get your dog excited. Sometimes that's just holding his snout. Or raise his lip, if only for a second. Later you keep the lip on a little longer, or look a little further. Then you can touch the gums for a moment and immediately let go of everything.

Repeat the same step in short practice moments of no more than a few minutes until your dog lets you do this very smoothly and without fear. Such practice sessions can be done several times a day. Sometimes you can already move on to the next step in the same practice session.

Every step, no matter how small, deserves a reward. Use your voice! At the end of the practice session you can give him a big hug and even a tasty snack.

Once you can calmly inspect your dog's teeth from left to right or right to left, you are ready for the next step.



Step 2: Yummy toothpaste

Now it's time to introduce the flavor of the toothpaste.

Always use dog toothpaste. It does not foam, has an adapted taste and contains no fluoride. An enzymatic toothpaste is preferred because it also actively breaks down plaque at the same time.

Let your dog get used to the taste of the paste (chicken, malt,...). Spread some toothpaste on your finger and let it lick it off. Repeat this several times and don't forget to reward.

Please note, here too it is intended that your dog remains calm and does not like the toothpaste so much that he goes completely wild with it.



Step 3: Let's finger brush



The next step is getting used to the brushing action. With one hand you hold the upper lip up and with the other you apply the toothpaste. With your finger, slowly and gently rub the toothpaste over the teeth. Don't insist on going further into the mouth if your dog won't allow it. This is still the habituation phase. Every step should be stress-free. Again, every small step deserves a reward. Repeat the small steps in short practice moments until your dog allows it without any problems, before going one step further.



Step 4: With the toothbrush

When all the previous steps have gone well, you are ready to take the toothbrush. Wet the toothbrush and apply some toothpaste. Let your dog lick the paste so that he can get used to the structure of the toothbrush right away. Then place the toothbrush on the teeth with your index finger on the brush head. This way you can start brushing the canines and gradually expand it. Don't forget to reward for the progress you make together.

If your dog finds this too scary, you can wrap a cloth around your finger as an intermediate step.

Many dogs also find an electric brush fine. This of course gives the best brushing effect.



Step 5: Building a routine

Once the learning process has been completed, it is of course important to build this into a daily routine. You don't really have to do it after every meal, you wouldn't keep this up either. Just try to take ten minutes every day to make brushing the teeth a fun moment for both of you.

Step 6: New brushes brush well

Just like with us, the toothbrush should be replaced every 3 months if you brush daily. Always use special dog toothpaste. And definitely consider electric brushing.

Good luck!