

A great story and tip from **Save Your Sons** ([www.saveyoursons.com](http://www.saveyoursons.com))

The SYS Letter

by Save Your Sons

Our 3 year old never wants to brush his teeth.

Every night at bath time, it was a battle to even get a toothbrush anywhere near him.

But recently, I tried a new technique.

During bath, when it was getting near time for us to brush his teeth, I said:

"Alright son, it's time for dad to brush his teeth. You ready?"

Then I made a big show about brushing my OWN teeth. I acted like I was having the best time ever and brushing my teeth was this great fun activity that I enjoyed every single day.

Then, after I got done brushing my own teeth, I said:

"Ah, that's nice and refreshing. Are you ready for me to brush your teeth now?"

And like magic, our son said "yea daddy it's my turn."

Then he happily let me brush his teeth (we've had similar great results with clipping toenails, but I figured I'd spare you that visual).

This is a helpful hack for daily life with a toddler.

But it also brings to mind something more profound:

We are the example. They are always watching. And when they're young especially, they're going to want to do what we do.

Use that to your advantage. Everything from small personal hygiene routines, to big-deal relationships like how you treat your wife. Everything is an opportunity to set an example.

-Harrison