

Caring for your
children's teeth



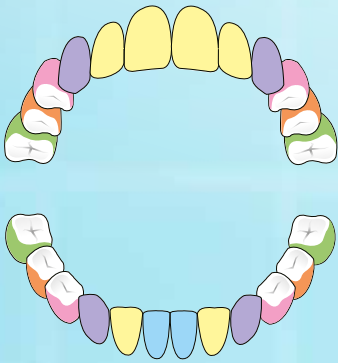
A good start from the beginning

From the first tooth and throughout life, your mouth matters. Establishing good habits early is the key to healthy teeth for life. Use this leaflet to learn more about keeping milk (primary) and adult (permanent) teeth healthy from the start.



Start good habits by setting a good example. Your kids will notice!





Tooth eruption – milk teeth and first permanent molars

- 6-8 months
- 8-12 months
- 14-16 months
- 17-19 months
- 2-3 years
- 5-7 years (molars)

The early years

The first milk teeth usually come through when babies are 6-8 months old, but with great individual differences. New milk teeth continue to erupt until around three years of age. At 5-7 years old, children start losing their milk teeth and keep losing them until they are 10-12. As milk teeth go, they are replaced by adult teeth. During the transition between new teeth and wiggly teeth that will eventually fall out, the mouth may feel sore.

Even though milk teeth are replaced, it's important to keep them healthy. Tooth decay (caries/cavities) in the milk teeth increases the risk of tooth decay in the adult teeth.

When children get their first front adult teeth (at age 5-7), they'll also get their first molars (the larger teeth at the back).

It's easy to miss molars coming in and forget to brush them, which is part of the reason they are most affected by tooth decay. Keep an eye open for them!



Tips and advice

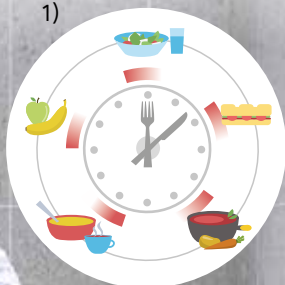


Tooth-friendly eating habits

Tooth decay is caused by repeated acid attacks on the teeth. Bacteria use sugars in our food for energy and produce acids that cause damage to the enamel (the outer surface of the tooth). That's why eating sugar often can lead to tooth decay – though that's just one of several factors. Soft, sticky foods are difficult to remove from teeth and prolong acid attacks. Saliva rinses and neutralises the acids, but that takes time. If the mouth doesn't get to rest, tooth decay will occur.

- ★ Try to limit food and drinks to five intakes a day (1) and avoid snacking between meals (2).
- ★ If your child is thirsty, offer water – avoid juices and sodas.
- ★ Avoid sweets as long as possible. With older children, restrict sweets to one day a week. Be careful of “hidden” sugar – make it a habit to read the ingredient list when you shop.

1)



2)





Toothbrushing



Brushing together starts good routines for healthy teeth in the future. You don't have to be in the bathroom—brush in bed or lie the child on it's back on the changing table, with it's head towards you. A slightly older child can sit in your lap, leaning it's head on your arm, or stand by the sink. Kids need help brushing until they're 10-12 or so. Why not make it fun by adding a song or a story?

- ★ Brush twice a day, in the morning and before bedtime.
- ★ Use a small, soft brush and brush gently using small movements, slowly moving forward.
- ★ Use a small amount of fluoride toothpaste, equivalent to the child's little fingernail.*
- ★ Create a habit. Brush the inside, outside and biting surfaces in the same order to make sure no side is forgotten.
- ★ Remember the gum line where bacteria can easily build up and cause inflammation.

*For children under the age of 2, smear a small amount of toothpaste on the top of the toothbrush bristles.

Starters' kit

Toothbrushes

The right brush at the right time is important from the start and for life. From the appearance of the first milk tooth, it's time to start using one.

TePe Mini™/TePe GOOD™ Mini (1) extra small brush head, suits children from 0 to 3-4 years.

TePe Kids™ (2) a little larger than TePe Mini, suits children from 3-4 years.

TePe GOOD™ Compact (3) a sustainable brush made of sugar cane, suits children from 3-4 years.

TePe Supreme™ Compact (4) filaments in two levels, suits children from about 6 years.

Cleaning between teeth

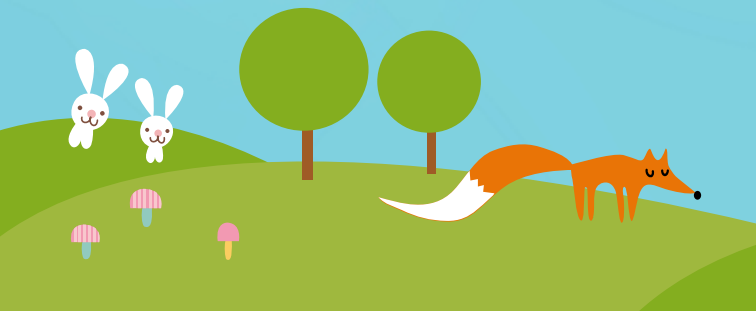
It is usually recommended to start cleaning between teeth during the teenage years.

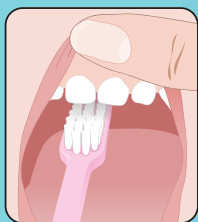
TePe GOOD Mini Flosser™ (5) is an easy way to start cleaning between the teeth.



Special brushes

TePe Compact Tuft™ (6) the angled neck and small rounded tuft make it easier to clean the biting surfaces of new molars.





Products for children



Made in Sweden

Toothbrushes



Mini



GOOD Mini



Kids



GOOD Compact



Supreme Compact

Special brushes



Compact Tuft

Interdental products

Mini Flosser



This leaflet is part of TePe Share.

Please visit www.tepeusa.com for additional educational material.

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