

Caring for your children's teeth

0–6 years

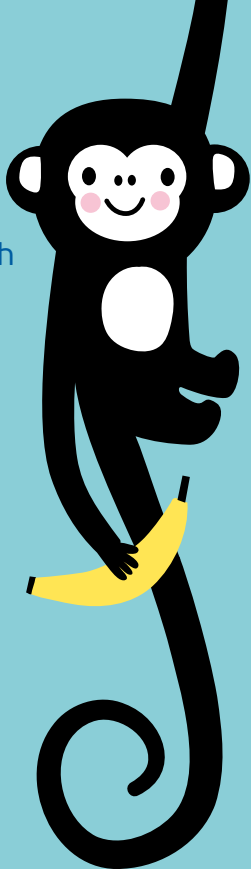


TePe®

A good start

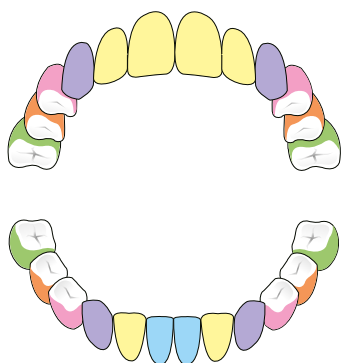
From the first tooth and throughout life, your mouth matters. Establishing good habits early is the key to healthy teeth for life.

Use this leaflet to learn how to keep both milk (primary) and adult (permanent) teeth healthy from the very start.



Start good habits by setting a good example. Your kids will do as you do!





Tooth eruption – milk teeth and first permanent molars

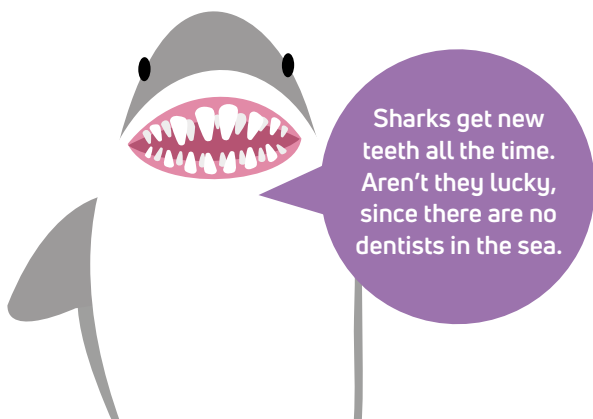
- 6-8 months
- 8-12 months
- 14-16 months
- 17-19 months
- 2-3 years
- 5-7 years (molars)

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 appear until all 20 of them have emerged, at 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, also called permanent 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, protective surface of the tooth).

That's why eating sugar often can lead to tooth decay. Saliva rinses and neutralises the acids, but that takes time.

Give the mouth a break between meals to avoid cavities.



Swing through
your day
the tooth-
friendly way!

- Try to limit food and drinks to five intakes a day and avoid snacking between meals. Make sure healthy food options are available at home.
- If your child is thirsty, offer water – avoid juices and sodas (also diet) since they are acidic and cause enamel erosion.
- Avoid sweets as long as possible. With older children, restrict sweets to one day a week. Remember that soft, sticky foods are difficult to remove from teeth and prolong acid attacks.
- Be careful of “hidden” sugar – make it a habit to read the ingredient list when you shop. Fridays can be fun with cut vegetables, fresh fruit, whole grain crackers, hummus dip, cheese cubes and popcorn!





Brush together

Brushing together helps create 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.



For children under the age of 2, smear a small amount of toothpaste on the top of the toothbrush bristles. For children 2-6, use fluoride toothpaste equivalent to the size of a pea.

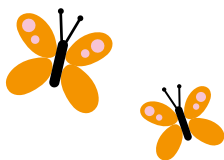


Be systematic. Brush the chewing surfaces, outsides and insides to make sure no side is forgotten. Remember the gum line where bacteria can easily build up and cause inflammation.



**Watch the Brush-along
video and brush with us**

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 brushing.

TePe Mini™ (1) extra small brush head, suits children from 0 to 6 years. End-rounded bristles and a handle that suits both children's and adults' hands.

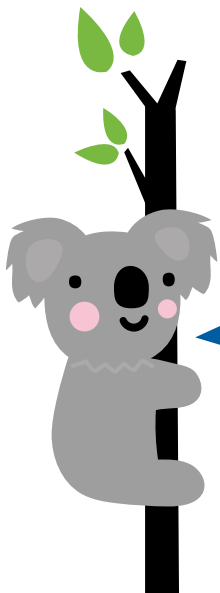
TePe Select Compact™ (2) a little larger than TePe Mini, suits children +6 years.

Specialty brushes

TePe Compact Tuft™ (3) the angled neck and small rounded tuft make it easier to clean the biting surfaces of new molars.



TePe PlaqSearch™ (4) is a chewable tablet that dyes the bacteria on your teeth, revealing residual plaque. To be used after brushing, so adults and children can see if they have brushed properly. It is safe to use, with adult supervision, once the child is able to rinse and spit, usually around age 5-6.



The word Koala roughly means: "no water". They rarely drink water since they eat so many leaves. On the other hand, we humans need water for many things, like rinsing away food debris after eating.



Toothpaste

We follow the fluoride guidelines from the European Academy of Pediatric Dentistry.

Products for mini's



TePe® Mini



TePe® Select Compact



TePe® Compact Tuft



TePe® PlaqSearch



Toothpaste
Daily



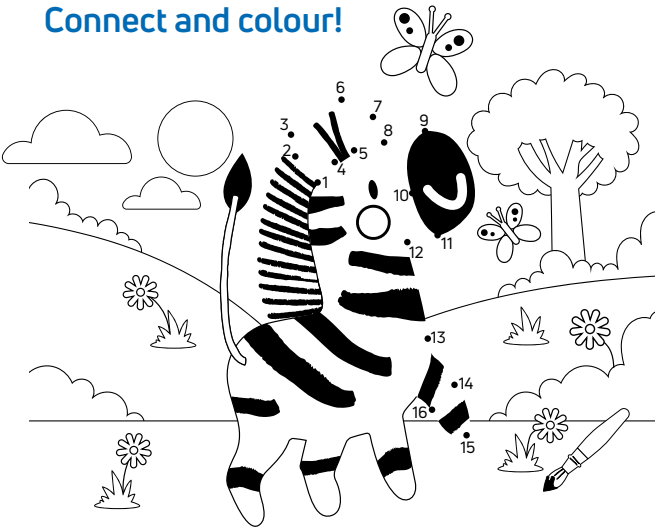
Toothpaste
Kids



Toothpaste
Baby



Connect and colour!



Go to www.tepe.com and Kids' Corner to learn more about dental care for children

TePe Oral Hygiene Products Ltd

Eklund House | 6 Cathedral Avenue | Wells, Somerset BA5 1FD
info@tepe.co.uk | www.tepe.com/uk

TePe Munhygienprodukter AB

Bronsåldersgatan 5, 213 76 Malmö, Sweden
Tel +46 (0)40 670 11 00 | info@tepe.com
www.tepe.com

All trademarks herein are the property of
TePe Munhygienprodukter AB

