

Caring for your
children's teeth

+ 6 years



Healthy smiles for life

From the first adult 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 caring for your adult (permanent) teeth and keep your mouth healthy.





Meet the mighty molars

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.

When children get their first front adult teeth (at age 5-7) they'll also get their first permanent molars, the larger teeth at the back, tooth number six if you count from the front.

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! Why not give the chewing surfaces some extra love using the Compact Tuft brush?

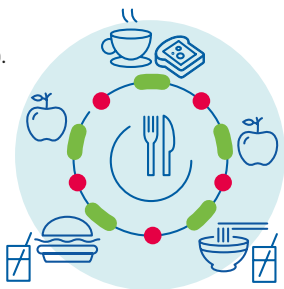
Tips and advice

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). Saliva rinses and neutralises these acids, but that takes time. Give the mouth a break between meals to avoid cavities.

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.

- Try to limit food and drinks to five intakes a day and avoid snacking between meals. Make sure healthy options are available at home for your kids, some go-to snacks for when they are hungry.
- 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.
- 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!



The most
smile-friendly
way to eat:
breakfast, lunch,
dinner and two
healthy snacks!



Toothbrushing

Although kids often think they can brush their teeth properly, research shows they lack the skills. Let them practice, but assist them in reaching all areas of their teeth until around age 10-12. Brushing together helps create good routines for healthy teeth in the future.



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 pea sized amount of fluoride toothpaste



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.

Smile must-haves

Toothbrushes

It might be tempting to start using an adult toothbrush, but a smaller brush head is better and makes you reach all teeth.

TePe Kids™ (1) suits children from about 6 years and has bright colours with illustrations chosen by children.

TePe Supreme Compact™ (2) with two-level bristles for optimal cleaning, suits children from about 9 years.

Cleaning between teeth

It's usually recommended to start cleaning between the teeth when the second molar, tooth number seven, comes through, around the age of 12-13. If there is a high risk of caries it can be recommended to floss also the first molar. Ask a dental professional for advice.

TePe Mini Flosser™ (3) is an easy way to start cleaning between the teeth.



Specialty brushes

TePe Compact Tuft™ (4) the angled neck and small rounded tuft make it easier to clean the biting surfaces of new molars.



TePe PlaqSearch™ (5) 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 at around 5-6 years old.



Toothpaste

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

Daily™ Toothpaste - Mild peppermint flavour and low-foaming.

Pure™ Toothpaste - Mild peppermint flavour and no foaming formula.

Products for kids



TePe® Kids



TePe® Supreme Compact



TePe® Compact Tuft



TePe® Mini Flosser



TePe® PlaqSearch



Toothpaste
Daily



TePe Pure™
(Mild peppermint)



TePe brushing challenges!



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

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