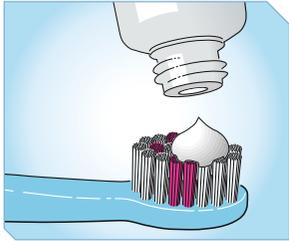
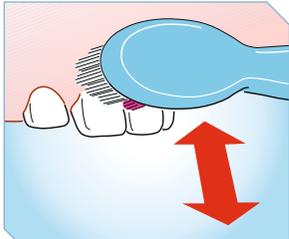


Start brushing, as soon as the first tooth appears!

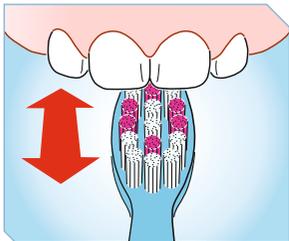
It's the parents' job to brush their child's teeth once a day. It's important to start as soon as the first milk tooth appears. Once the second molars come through (at about 2 years of age) your child's teeth should be brushed twice daily with children's toothpaste.



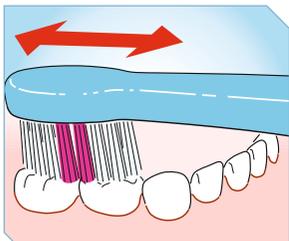
Use a soft children's toothbrush and just "a dab" of children's fluoride toothpaste. Children's toothpastes that are mild but not too sweet are recommended. The toothbrush should be changed every 1 to 2 months.



Brush in vertical (up and down) movements over the gum area.



The chewing surfaces of the milk molars should be brushed with short, horizontal movements.



After brushing, it is not necessary to rinse the mouth with water; spitting out the toothpaste is enough!

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Healthy milk teeth a gift from Mother Nature...

With the right care and nutrition
teeth and gums stay healthy!

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No sugar = no decay

The main cause of tooth decay is the frequent consumption of sugary food and drinks. Within minutes, the bacteria found in dental plaque start to convert the sugar into acids that dissolve the enamel and dentine. These bacteria also release toxins that cause inflamed and bleeding gums. This can be avoided by consuming sugary substances only rarely and carefully removing the plaque every day.

Important for babies

A baby's need for fluids is covered by its milk feeds. In warmer weather or as a supplement with baby food the best thirst-quencher is tap water, which is of excellent quality in Switzerland.



Beware of the bottle!

You should only put tap water or milk in your baby's bottle.

Never put your baby to bed with a bottle.

Your baby should be weaned from the bottle at 12 months. Your child should then drink from a cup.

Constant sucking on a bottle filled with sugary drinks (cordial, fruit juices, ice tea, soft drinks, etc.) can destroy the milk teeth within a few months.

Ripe fruit can be mixed into an infant's cereal meals. This is sufficient to meet the child's need for something sweet in the diet. Added sugar or honey, etc. is damaging to teeth. Commercial infant foods often contain sugar, so you should check the ingredients. If sweets are kept as special treats, in other words if they remain the exception, children learn how to deal with them.

"Pacifiers (dummies) should never be dipped in honey or sugar!"

In general: everything eaten between meals should be sugar-free

One snack in the morning and one in the afternoon should suffice. Sweet foods between meals damage the teeth. Sugary foods should only be eaten at main mealtimes. Bear the following in mind:

- Sugary food eaten in one go is less harmful to the teeth than the same amount eaten in several small portions.
- Sugary food debris must be removed by brushing the teeth immediately (within 10 minutes)
- Foods high in sugar suppress healthy eating patterns, spoil a child's appetite and can cause excess weight gain.

Healthy snacks are:



- Apples, carrots, fresh fruit and vegetables in general
- Dark bread, rice cakes, wholegrain rusks
- Cheese, unsweetened fromage frais or yoghurt with fresh fruit and nuts
- Tap water is the best drink

The following are not healthy snacks:



- Dried fruit, bread with jam or honey
- Ice cream, chocolate, cakes and pastries, sweets
- Fruit tarts contain both flour and sugar and are therefore very sticky
- "Baby rusks" if they contain sugar (check the sugar content!)
- Sweet, sugary drinks

"Sugar-free" – "Toothfriendly"

"Sugar-free" products are allowed to contain up to 0.5% sugar. "Without added sugar" simply means that no extra sugar has been added. However, products advertised as such may naturally contain various types of sugars that cause dental decay when eaten often.



Only the term "toothfriendly" ensures that the sweet products in question are not harmful to teeth. Toothfriendly products are not suitable for small children (under kindergarten age).