

# Healthy teeth

10 tips for children  
and adults



## Oral health right from the start:

- Avoid licking your child's pacifier to clean it and using your child's spoon to taste his or her food. If you do this, you may transmit your own **caries bacteria** to your child.
- Make sure you only fill your child's bottle with water or unsweetened tea. This will help prevent so-called "**baby bottle tooth decay**".
- Go to **the dentist twice a year**. Even your children's first milk teeth should be checked on a regular basis. This ensures that caries is recognised at an early stage and helps keep their teeth healthy.



## Daily oral hygiene:

- **Clean your teeth twice a day** using the COI method: first clean the chewing surfaces thoroughly, then the outer surfaces, and afterwards the inner surfaces. A pea-sized blob of toothpaste is enough.
- Until your children are **10 years old**, give their teeth an extra clean after they have finished. Before this age, they will not yet have the skills necessary to clean all the surfaces of their teeth by themselves.
- Replace toothbrushes every **2-3 months**, sooner if you have had an infectious illness or the bristles are frayed.
- Use **dental floss** every day. This is the best way to remove plaque and food remains from narrow gaps between teeth. Get your dentist to show you the right way to use it.



## Nutrition and everyday routine:

- Give your teeth a **break**. Frequent consumption of sugary snacks and drinks is the main cause of caries.
- Rinse your mouth with **water** after each meal or snack. Chewing sugar-free chewing gum after eating is also good for your dental health.
- **Healthy snacks that are good for your teeth** include wholegrain bread, unsweetened dairy products (e.g. natural yoghurt or cheese), fresh fruit, raw vegetables, and water to drink. Nuts are one example of a healthy alternative to sugary snacks.

