

If an accident happens

If your child damages their teeth, you should call the dentist or the Children's Healthcare Centre (BVC), even if it doesn't look that bad.

Feel free to ask us, we are happy to help

For children's teeth to be healthy, it is important to establish good habits early on. If you need support and help, ask your dentist or Children's Healthcare Centre (BVC).



Good habits for your child's teeth

From 0 to 6 years of age



Brush for clean and strong teeth

Brush your child's teeth morning and evening, from the time the very first tooth emerges. Get your child used to the toothbrush in a playful way!

Start by using a mild children's toothpaste that contains fluoride. From the age of 6, children can use adult toothpaste.

Start by brushing the outside and inside of the teeth. To access the front teeth, you may need to lift your child's lip with one finger. Finally, brush the chewing surfaces of the teeth.

All children go through periods when they may not want to brush their teeth. Don't give up! Coax, play and keep brushing every day. You will soon get back into the right habits. Let us know if you need any support in this situation.

Your child will need help brushing their teeth until they are at least 10 years old.

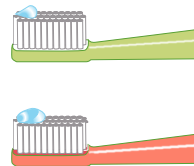


How much toothpaste?

From the first tooth up to the age of 2 years: a small blob about the size of the child's little fingernail.

From 3-5 years of age: a blob about the size of a pea.

It doesn't matter if there is toothpaste left in the child's mouth after brushing.



Teeth need rest

Eating a little every now and then is not good for your child's teeth or your child's appetite. Make it a habit to give your child's teeth at least a two-hour break between meals. During these two hours, the child should only drink water.

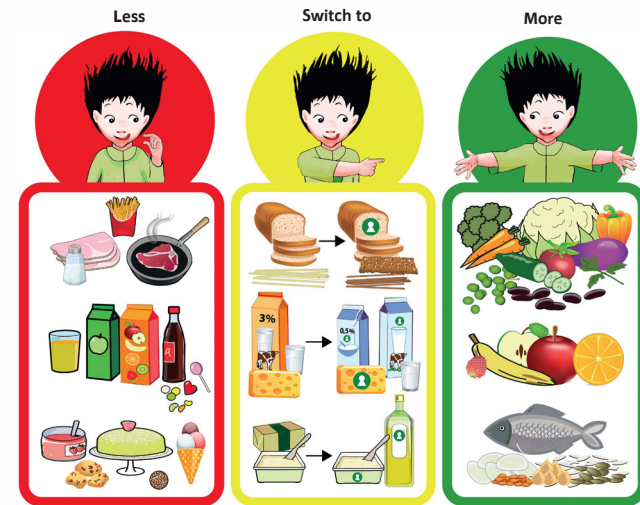
This reduces the risk of cavities - holes in the teeth. Young children get cavities more easily than adults.



Choose a day for sweets

Try to avoid sweets, squash, soft drinks, juice, cakes and biscuits for as long as possible. The child can then be given sweets one day a week, for example on a Friday evening or on Saturday. Eating sweets one day a week is a routine that works for many.

Be aware that many foods contain hidden sugar - we are happy to help you make healthy choices.



Water is the best thirst quencher

Sweet drinks such as squash, juice and soft drinks increase the risk of tooth decay. When your child is thirsty, water is the best drink for them to have, both during the daytime and at night.

Only use a bottle for formula, gruel or water.

Thumb or dummy

If your child sucks on a dummy or their thumb, then this can affect the position of their teeth. Most children stop at the age of two to three, which is good. It is important for them to stop sucking on their thumb or dummy once their permanent front teeth come in.