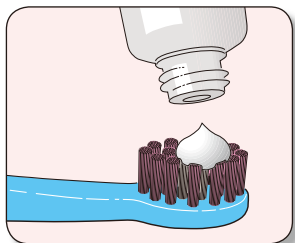
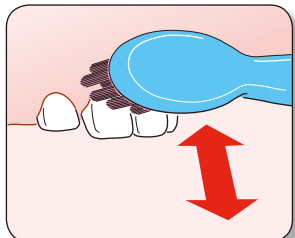


Toothbrushing – as soon as the first tooth erupts!

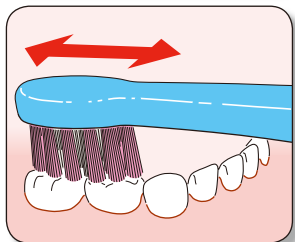
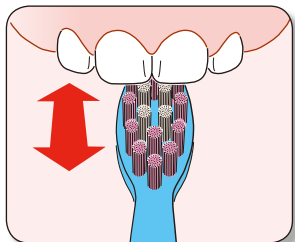
Parents should brush their children's teeth once a day. It is important to start tooth brushing as soon as the first milk tooth erupts. Brushing twice a day using children's toothpaste should be introduced by the time the second milk molar teeth appear when the baby is approximately 2 years old.



Use a soft children's toothbrush and a small pea-sized amount of children's toothpaste (containing 0,025% fluoride). It is advisable to use unsweetened children's toothpaste. Toothbrushes should be regularly replaced at intervals of 1 to 2 months.



Brush both teeth and gums using only vertical (up and down) movements.



Use small horizontal movements to brush the chewing surfaces of the milk molar teeth.

It is not necessary to rinse the mouth with water after brushing – spitting out is sufficient!

Healthy milk teeth are a gift from nature ...

**... and with proper care and correct nutrition,
both teeth and gums can remain healthy!**



Swiss Dental Hygienists

SSO
Swiss Dental Association



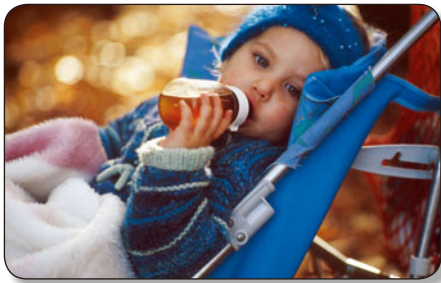
Published by the Department of Health, Canton of Zurich (School Oral Health Care) in conjunction with Childcare Counsellors of the Canton of Zurich.

No Sugar ... No Caries

The frequent consumption of sugar-containing foods and drinks is the main cause of tooth decay. Within minutes, bacteria contained in dental plaque begin to convert the consumed sugars to acids. Over time these acids cause tooth decay as the enamel and dentine progressively disintegrate. Bacteria also release toxins that can cause inflamed and bleeding gums. Tooth decay and inflamed gums can be avoided by the daily removal of plaque and by reducing the frequency of sugar consumption.

Important for Babies

Milk is the main source of fluids for babies. As a supplement to milk, water is the best thirst-quencher for babies, especially during warmer weather, and water is also ideal for mixing cereals or infant foods.



Always be aware of the contents of the **baby bottle**: syrups, iced-tea and other sugar-containing drinks are harmful to the teeth, particularly when infants drink them over long periods of time or while falling asleep. During sleep, the production of saliva, which protects enamel against acids, is 10 times less than during the day. Thus the risk of caries is greatly increased!

Fruit juices and vitamin drinks are also harmful for babies' teeth because they contain acids in addition to sugar, and can therefore speed-up the development of caries.

«At night it is best to give babies only **water** to drink»

Ripe fruits are often mixed into infant foods, and this satisfies babies' needs for something sweet in the diet. Any additional sugar or honey is particularly damaging. Infant formula preparations often contain sugar so it is advisable to check their ingredients. Teach young children that sweets and candy are treats reserved for special occasions and reinforce this message consistently.

«**Never** dip pacifiers or dummies in **honey** or **sugar**»

Only sugar-free snacks between meals

One snack in the morning and one snack in the afternoon is sufficient. Snacking in-between meals certainly damages teeth. Sugary foods should only be eaten together with the main meals. Consider the following:

- One sugar-containing food item eaten all at once is less harmful to teeth than the same item of food, eaten in smaller portions, at repeated intervals between meals.
- After meals, all remaining sugar-containing food particles must be removed as soon as possible, preferably by tooth brushing (within ten minutes).
- A high sugar consumption does not contribute to a healthy diet, spoils the appetite and can lead to over-weight problems.

Examples of healthy snacks include:

- Apples, carrots, fresh fruits and vegetables
- Dark or brown breads, rice cakes, wholewheat rusks
- Cheese, yoghurt or quark with fresh fruits and nuts
- Water is the recommended beverage

Examples of unhealthy snacks include:

- Bananas and dried fruit, bread spread with jam or honey
- Ice-cream, chocolate, cakes, biscuits and pastries
- Fruitcakes and tarts (contain both flour and sugar and are therefore sticky)
- Baby biscuits, if they contain sugar (check the sugar-content!)
- Sweetened and sugar-containing beverages

«Sugar-free» – «Tooth-friendly»

The terms «sugar-free» or «no sugar added» often only mean that no refined sugar (sucrose) has been added to the product. However, other forms of sugar may be present e.g., fruit sugar (fructose) and grape sugar (glucose). Frequent consumption of foods containing these forms of sugar can also cause tooth decay.



To be certain, eat only candy and snack foods that display the «tooth-friendly» logo as these products will not damage teeth.