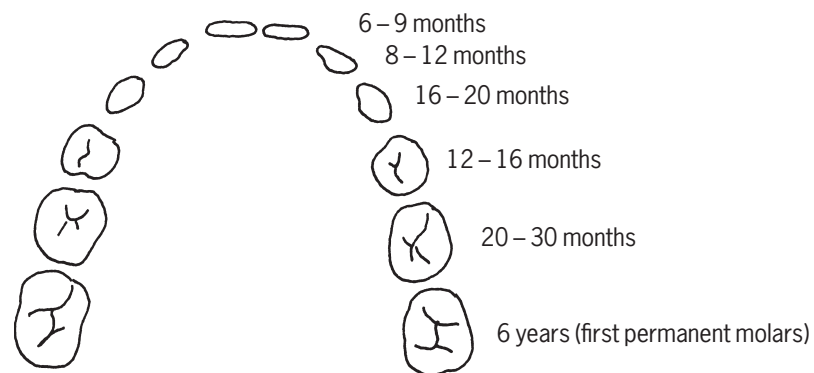


When do the milk teeth and the first permanent molars appear?



What causes cavities?

If you don't brush your teeth every day, a thick layer of bacteria forms on your teeth. These bacteria produce acid that attacks the teeth. People who eat or drink a lot of sweet things have an especially large number of bacteria in their mouths. The acid eats into the tooth enamel creating cavities.

These bacteria also infect the gums so that they swell up and bleed when the teeth are brushed.

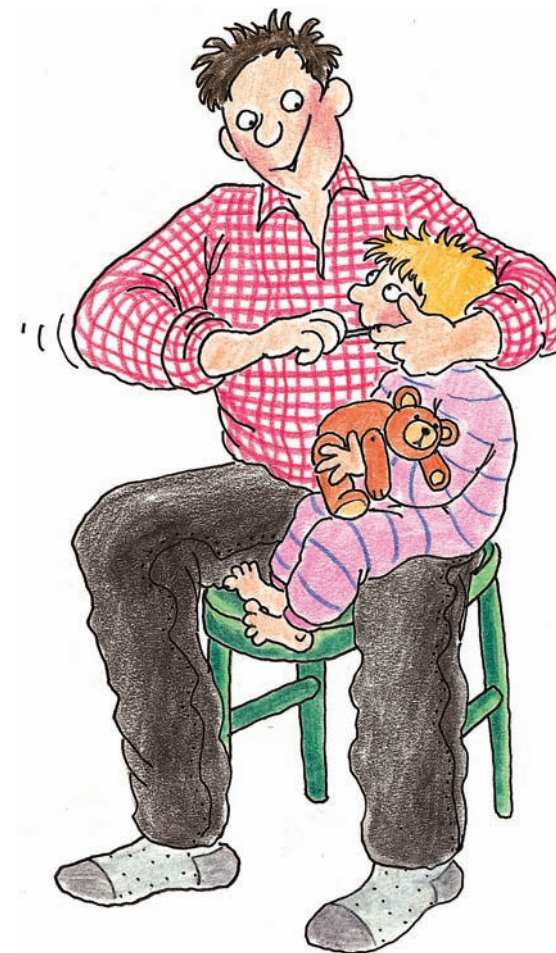
In case of accidents

Children often fall over, hitting their teeth. Contact the dental service if there is a lot of bleeding or if any teeth come loose or are pushed in or knocked out.

Never put back a milk tooth that has been knocked out!

If you have any questions about your child's teeth, you are welcome to call the National Dental Service!

Advice on children's teeth



Children's teeth

Children are more likely to suffer cavities than adults. Sugary drinks and food, sweets and frequent snacks increase the risk of cavities.

Food and drink

Get your child used to regular mealtimes - three main meals and two snacks in between. Don't allow your child to snack between meals - teeth need to "rest" for a couple of hours after eating or drinking.

Get your child used to **drinking water to quench thirst**. Save cordials and soft drinks for "parties" - don't have them every day!

Giving your child sugary drinks, fruit juice or milk in bottles during the night increases the risk of cavities because the sweet liquid remains in the mouth longer.

Remember that biscuits, raisins, savoury snacks and sticky sweets stick to the teeth and remain in the mouth longer - don't give them to your child every day.

Frequent comfort breastfeeding, particularly at night, of children who have already cut teeth increases the risk of cavities.



Brushing

Get your child used to brushing his or her teeth as soon as the first teeth appear. Children can't brush their teeth properly themselves until they are around eight years old. Help your child to brush his or her teeth every morning and every evening.

Brush the chewing surface on the milk teeth - the teeth are "uneven" and require thorough cleaning. Brush using small movements along the gums where deposits accumulate.

Use a small, soft toothbrush - suitable brushes are available from pharmacies or supermarkets.

Your child should go to sleep with clean teeth!

Fluoride strengthens the teeth

Fluoride strengthens the enamel. Use a little spot of fluoride toothpaste about the size of the child's little fingernail from when your child is around one year old.

Extra fluoride in the form of tablets or toothpaste may be prescribed by your dentist if your child needs it.

Do you have your own well? A water-analysis must be carried out if the water is used for gruel or drinks for small children. Your local authority can advise you on this.

