

# CARING FOR YOUR CHILDRENS' TEETH



**Aquafresh**



GlaxoSmithKline  
Consumer Healthcare

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## When should I start to clean my child's teeth?

Plaque will start to form on your child's teeth and gums as soon as the first tooth appears. It is important to start a suitable brushing routine as soon as your child's teeth start to appear to help prevent tooth decay and gum problems.

## How should I brush my child's teeth?

The easiest way to brush a young child's teeth is from behind, with them sitting on your knee. First gently raise the chin resting their head against you so that you are able to look down into their mouth. Then, gently brush each tooth using circular strokes.

- Use a toothbrush suitable for your child's age and stage of tooth development. A small-headed soft brush should be used initially.
- The use of colourful character toothbrushes can help to make brushing fun for children.
- A pea-sized amount of a fluoride toothpaste should be used on the brush.
- Brush your child's teeth twice a day.
- Ask your dentist about the appropriate fluoride level for your child.



## What else should I be doing to help take care of my children's teeth?

A balanced diet is vital for any child – plenty of calcium, vitamins and minerals are important for healthy teeth to form. To ensure healthy teeth for life it is also important to avoid giving your child unnecessary sugars.

- Milk and water are the only drinks that should ever be placed in your baby's bottle.
- Fizzy drinks (regular or diet), artificial fruit squash, drinking chocolate and milkshakes can all cause harm to teeth. The sugar can lead to decay, whilst the acid in fizzy drinks and artificial fruit squash can also attack the enamel covering the teeth (this is called acid erosion). Limit fizzy drinks to treats or for special occasions.
- Do not give your child sugary drinks in bottles or dip dummies in sugary substances as these can cause tooth decay.
- Introduce your baby to a feeding cup as soon as possible.
- Fruit juice should be diluted (1 part juice to 10 parts water), given in a cup and restricted to mealtimes.
- Avoid cakes, sweets and biscuits between meals. Instead choose tooth friendly snacks, such as cheese or small pieces of vegetables such as carrots or celery.



## When will my child's teeth appear?

The timing of the eruption of your child's first teeth can vary widely from 3 months to as late as 12 months. The first teeth to appear are usually the central lower teeth. The following guide will give you an idea of what to expect:

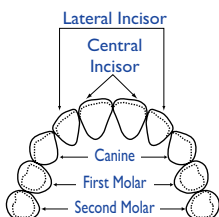
### Baby teeth (primary or deciduous teeth)

6-9 months	central incisors start to break through,
by 12 months	central and lateral incisors present
9-12 months	all front incisors now present
12-14 months	first molars
16-18 months	canines
18-30 months	second molars

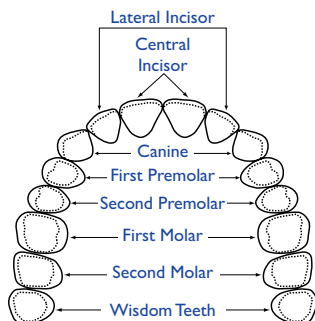
### Adult teeth (permanent teeth)

6-9 years	central incisors replaced first lower adult molar erupts behind primary molars
9-12 years	canines replaced
9-12 years	permanent premolars replace primary molars
11-13 years	second molars erupt
17-21 years	wisdom teeth erupt

### Baby Teeth



### Adult Teeth



## What can I expect when my child is teething?

Whilst teething your baby may look flushed and dribble more than usual. They may find comfort from the use of a teething ring. Alternatively there are special teething gels that can be used to reduce the pain. Make sure that if you use these they are sugar free.



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## When should my child visit the dentist?

You should aim to develop the habit of visiting the dentist as soon as your child's first teeth come through. Begin by taking them along to the dentist when you have your check ups so that they become comfortable with visiting the dentist.

For further information on any aspects covered within this leaflet ask your dentist or hygienist.

## Five things to ask your dentist about caring for your child's teeth



1. When should I start to clean my child's teeth?
2. What type of toothbrush should I use?
3. What is the appropriate level of fluoride for my child's toothpaste?
4. Do you have any advice for a child who is teething?
5. What else can I do to help care for my child's teeth?

Ask your dentist or hygienist for advice on looking after your child's teeth



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**milk teeth**  
**little teeth**  
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