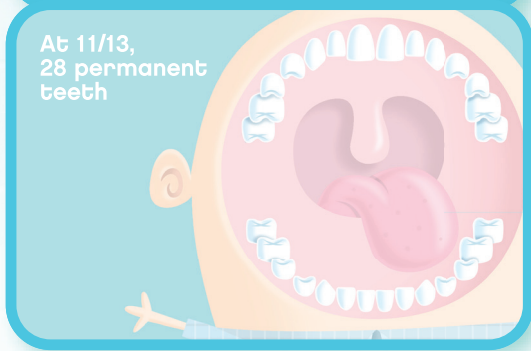
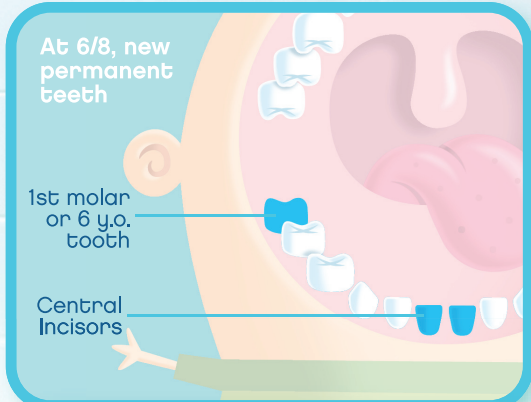




**BRUSH  
DAY + NIGHT**

# YOUR KID IS AGED 6 TO 12 YEARS OLD



## What is happening in their mouth?

These six years mark a period of mixed dentition with both primary and permanent teeth in the mouth together.

- The **6 Year Molar** is the first permanent tooth to arrive in the mouth. It erupts at the back. It is vital that this tooth is kept clean and healthy, as it is the one most likely to suffer from cavities. It is not fully mature, therefore weaker and difficult to reach
- Primary teeth will loosen and fall out throughout this period. The roots are gradually reabsorbed until the tooth is loose enough to fall out (or be gently pulled out).
- Permanent teeth will arrive in the mouth throughout this period. It is very important that these new teeth are kept as clean as possible as they are not fully mature and more vulnerable to decay.
- By the age of 12, the last primary tooth is usually lost and from this point on children have a set of 28 adult permanent teeth. The final 4 teeth, also known as wisdom teeth may come through some time between the ages of 18 and 25 (if at all).

## What to do?

- 1 By this age, children are capable of brushing on their own; although you might not be actually brushing their teeth, they still need your help to establish the brushing habit for a life
- 2 You should encourage your children to brush their teeth morning and night, as it is particularly vital to keep the mouth clean and healthy during this age. **The irregular mix of primary and permanent teeth in the mouth** makes children's teeth at this age particularly vulnerable. Decay is particularly likely if the child is eating sweet and sticky foods.
- 3 Use a toothbrush especially designed for children as they will have a smaller head to fit in a child's mouth.
- 4 Use a normal-sized amount of toothpaste. You can now use an adult toothpaste, however if your child doesn't like the taste of adult toothpaste, you can use toothpaste designed specifically for children as this will not only contain the appropriate amount of fluoride but also have an appealing gentle taste.



**Signal**

Improving oral health by encouraging you and your family to brush twice a day with a fluoride toothpaste

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