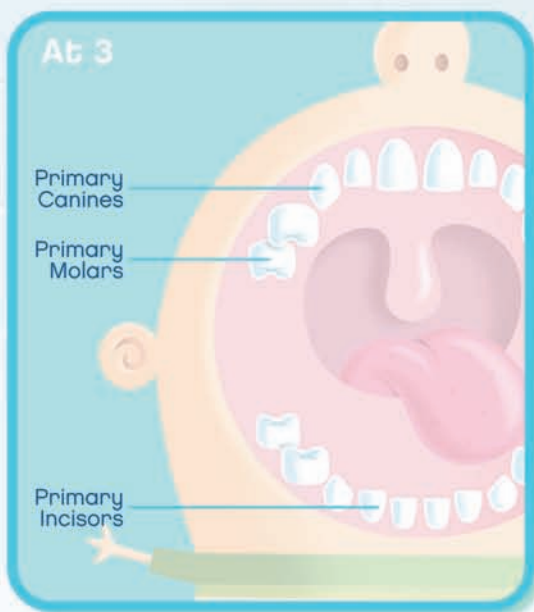




**BRUSH
DAY + NIGHT**

YOUR KID IS 3 TO 6 YEARS OLD



What is happening in their mouth?

Your child should now have the full set of **20 primary teeth**.

Your child's teeth are particularly **vulnerable** to decay as the enamel on milk teeth is not as hard as adult teeth. Tooth decay and disease present in primary teeth can be passed on to the permanent teeth as they erupt.

This is why, even though they fall out, **milk teeth are important:**

- Primary teeth are essential in the first step of digesting food; chewing, biting and grinding.
- Primary teeth act as guides for the permanent teeth; by keeping proper spaces in the mouth, they help ensure permanent teeth enter the mouth in the correct places. If primary teeth are lost early through decay there is more chance of permanent teeth entering in the wrong place and becoming crooked (and therefore more cavity-prone) or even blocked by other teeth.
- Primary teeth influence the development and growth of the face and jaw muscles.

What to do?

- 1 By this age, children are generally able to grasp their own toothbrush and participate in brushing. However, they don't have the dexterity to clean their teeth effectively so will still need your help.
- 2 The most important thing to do is to brush their teeth DAY+NIGHT, the morning after breakfast and at night after the last meal of the day.
- 3 You can help your child with a small soft toothbrush, specifically designed for children as they have a smaller head to fit in your child's mouth.
- 4 By 2, start using fluoride toothpaste. It is best to use toothpaste specifically designed for children as it contains the appropriate amount of fluoride and will 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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