



BRUSH  
DAY+NIGHT

# BRUSHING DAY+NIGHT WITH A FLUORIDATED TOOTHPASTE



Preventing cavities:  
the importance  
of brushing DAY+NIGHT  
with a fluoride toothpaste

Cavities are irreversible. But it is possible to prevent them. Experts recognize that brushing twice a day with fluoride toothpaste is the single most important thing that children can do to help prevent cavities.



**Brushing day and night with fluoride toothpaste can cut tooth decay by up to 50% for children, compared with just brushing once.**

<sup>1</sup>Pine et al. Int Dent J 2000; 50: 312 - 323



## Fluoride protects and strengthens teeth

Fluoride is added to toothpastes to provide protection against tooth decay. It works in two ways:

- It encourages calcium uptake by the enamel, to repair minor damage (remineralisation)
- It strengthens tooth enamel, to resist further calcium loss (demineralisation)

So fluoride has a double action against the acid attacks from bacteria

## Turning brushing into a fun shared moment

It can be difficult to get kids to brush day+night, especially at night when they have to stop playing and get ready to go to bed. You can help them through with entertaining assignments to see brushing not as difficult moment but as an enjoyable moment they can share with any member of their families. In the activity sheet you will find some suggestions on how to do it.



# The importance of night brushing

At the night, Bacteria do not sleep!

This is why, fluoride delivery to the teeth is extremely important at night when the level of saliva in the mouth drops and leaves teeth vulnerable to acid attacks.

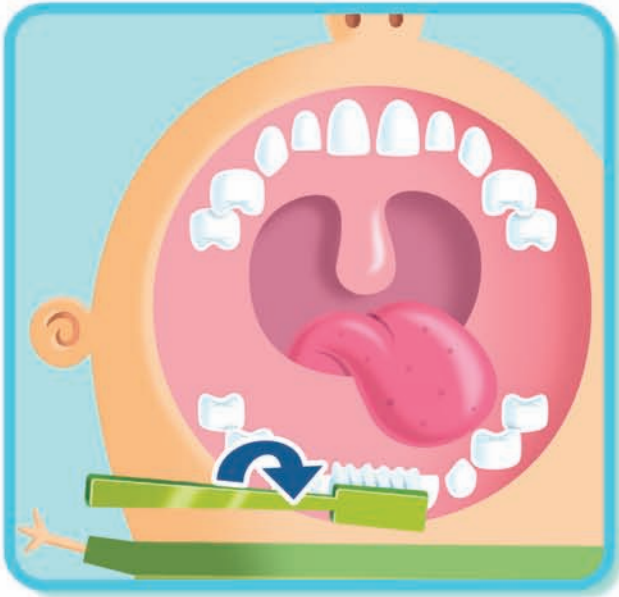


# Brushing technique

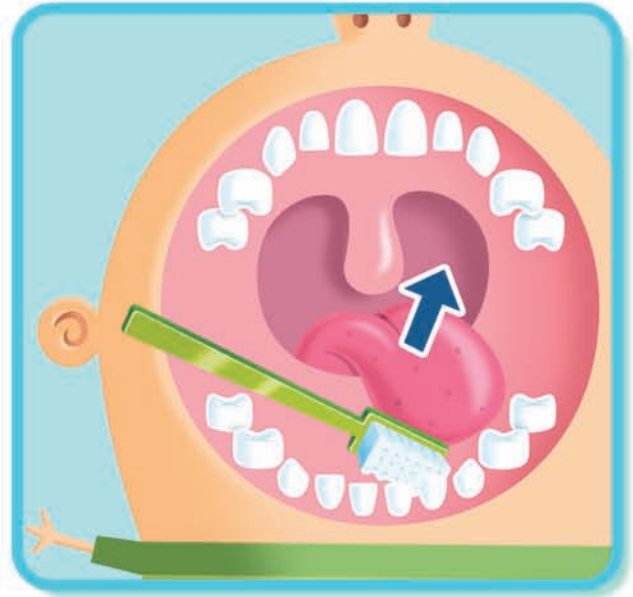
It has been recognised that for kids to brush day+night, demonstrating the brushing behaviour is critical. Therefore we recommend you organise a brushing session at school and if not possible at least demonstrate the brushing technique on a model.

## The following brushing technique is recommended

Use a toothbrush with soft or medium bristles; replace it when the bristles get splayed and out of shape. For children under 7, use a pea-sized amount of fluoride toothpaste.



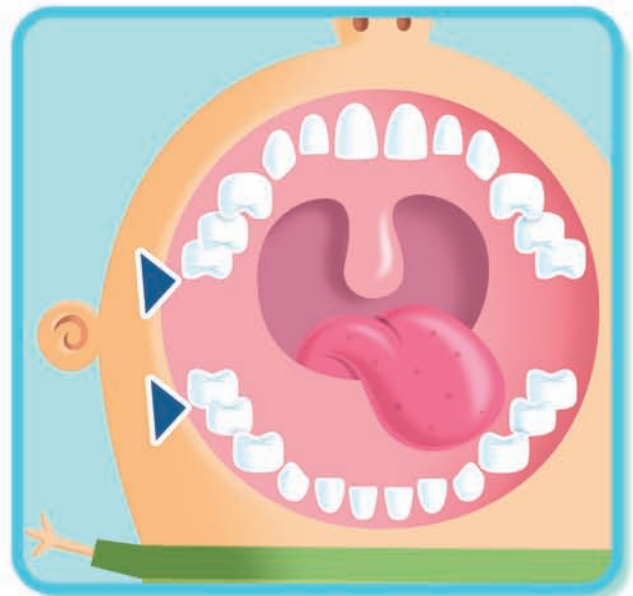
- 1 You start at the bottom, brushing the outer (front) surfaces of teeth. Begin on one side at the back and work round to the other side, brushing each tooth with short strokes as you go. Don't use too much force, just a gentle scrub over the tooth and gumline. Then do the same for the upper teeth.



- 2 Now brush the inner surfaces, behind the teeth (closer to the tongue). This can be tricky: start on one side of the mouth and work round slowly to the other side, making sure you don't miss any teeth. Do the same for both upper and lower teeth.



- 3 Then you brush the chewing (flat) surfaces of the teeth, gently scrubbing back and forth, turning the brush head to to clean first the lower teeth, then the upper ones.



- 4 And don't forget the new teeth at the back of the mouth!

