

## Crying

If your child cries, he or she is not necessarily hungry or thirsty. It may simply be a need for attention or affection: a hug will soothe him.



## The dummy and the thumb

The dummy and the thumb slow down the proper development of the jaws and increases the risk of causing dental malposition. It can also hinder language learning.

Reserve their use for bedtime and falling asleep.

## Drink from a cup

From the age of 2, children should learn to drink from a cup or bottle.

This promotes the child's swallowing and language development.

**The bottle and dummy should be stopped at 2 years old!**



## At what age should my child have the first check-up with a dentist?

A first appointment with the dentist is recommended around the age of 2-3, but it can be done before.

Your pediatrician, who will examine your child's teeth during the first check-ups and vaccinations, will be able to advise you on the care to be given to the first teeth.

If necessary, he will refer you to a dentist.



Illustration credit: LU.TH

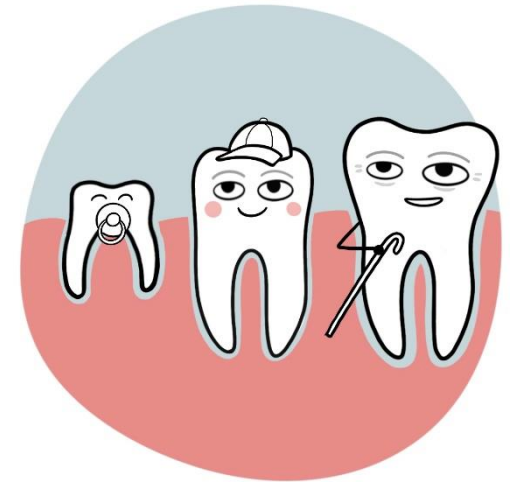
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Anglais

# Healthy baby teeth

## Health for life



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## Healthy teeth for life

Taking care of baby teeth as soon as they appear will then allow you to have good permanent teeth.

## Cavities are not hereditary!

However, a decayed tooth that is not treated can contaminate neighboring teeth.



Early childhood caries is a particularly aggressive and painful dental disease. It develops in infants and young children who drink a bottle of milk or sugary drinks too often.

## The eruption of the first milk teeth

The first tooth arrives around 6-8 months and at 3 years they are all present.



The last baby teeth fall out around the age of 11.

## When should you start brushing your teeth?

Brushing starts as soon as the first teeth arrive !

Brush your child's teeth 3 times a day with a pea-sized bit of toothpaste for about 2 minutes!



After brushing, it is not necessary to rinse the mouth with water. Just spit!

## Choice of toothpaste

Fluorides make teeth more resistant to cavities. Choose a toothpaste appropriate for your child's age to ensure the right dosage of fluoride.

For small children take a specified toothpaste: 0-6 years old.

Brush your child's teeth very well before bed !

Do not put your child to bed with a bottle of milk, tea or cacao !

**Teeth should stay clean all night !**



## Chewing and digestion

Whole meal bread, fruit or hard cheese strengthen teeth.

A large amount of saliva is produced during chewing. Saliva protects our teeth and allows us to grind food properly to facilitate digestion.

A balanced and healthy diet is important for teeth.



Frequent consumption of sweets and sugary drinks promotes the appearance of cavities in the mouth.

## The parent as a good example

The baby and child imitate the habits of the parents and follow the same eating trends.



So think about:

- Drink water.
- Brush your teeth after each meal and then leave your mouth quiet for a few hours.
- Only consume drinks and foods rich in sugar in exceptional circumstances, such as during celebrations and special occasions.