





## For optimal oral hygiene


Congratulations!


You care deeply about your child's well-being and oral health. Here are some tips for good habits:


 As soon as milk teeth appear, **brush your child's teeth daily.**


AGE	FLUORINE DOSAGE	FREQUENCY
As soon as first teeth appear until 2 years old	No toothpaste until the child knows how to rinse	1 brushing per day
From 2 years old	< 500 ppm	2 brushings per day
From 3 years old	Between 500 and 1000 ppm	2 brushings per day
From 6 years old	Between 1000 and 1500 ppm	2 brushings per day


 **Avoid licking pacifiers or spoons** to avoid transmitting the bacteria that cause decay.

 **Choose a small soft-bristle brush suitable for children.** Remember to replace it at least every three months. **Do not share toothbrushes in the family.**

 If possible, **teach your child to spit without rinsing his mouth.**

 **Teach your child to brush his teeth at least twice a day after the main meals. Brushing before bedtime is essential.**

 **Avoid sugary, carbonated or acidic beverages that are consumed in several times, as well as nibbles and sweets between meals.** If that's not possible, **consume them closer to the main meals. Do not give sugary drinks to your child in bed.**

 **Choose low-sugar foods for snacks** between meals such as fresh fruits and dairy products. For sweets, **prefer products containing sugar substitutes or sweeteners** (sorbitol, xylitol, aspartame...) such as those bearing the "sympadent" label that protects the teeth.





- ✦ When drinking an acidic or sweet drink (soda, juice, coffee), ***drink a glass of water afterwards or just rinse your mouth.***
- ✦ It is best to stop the use of baby bottles from the age of 12 months. As for dummies and thumb sucking, they do not cause, in principle, any major deformation of the jaw until three years old. **Never put sugar or honey on a dummy or in a bottle.**
- ✦ Have your dentist or dental hygienist regularly check your child's teeth for professional cleaning and early diagnosis in the event of adverse effects.