

Brushing Decay Away

There's a healthcare crisis with children's teeth – what can we do to stop them being attacked from all sides?

Children's teeth require constant care from the time the first milk tooth shows, and the dangers of sugary foods and sweets are all around us. If there are two things that are vital in keeping their gnashers in tiptop condition, they are regular trips to the dentist, and establishing a regular teeth-cleaning routine.

You should start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around six months, but it can be earlier or later). Brush teeth twice daily for about two minutes with fluoride toothpaste, including last thing at night before bed.

Carry on supervising tooth-brushing until the age of around seven. You can use a children's fluoride toothpaste containing no less than 1,000ppm of fluoride or family toothpaste containing between 1,350ppm and 1,500ppm fluoride, but use only a smear and don't let children eat or lick toothpaste from the tube. Children should spit after brushing, but don't rinse, as this stops the fluoride working.

After the age of about seven children should be able to brush their own teeth unaided, but it's still a good idea to supervise them to make sure that they brush for the recommended two minutes. Use an egg timer to make it a bit more fun.

THE DENTIST

You should first take your child to the dentist when their first milk teeth appear, so that they can identify any oral health problems at an early stage. It's also helpful for the child to get used to the routine of visiting the dentist so they don't worry about it in later life.



Fluoride Facts

"Using a fluoride toothpaste helps to strengthen teeth making them more resistant to acid attack.

BioMin F for Kids toothpaste is unique because it provides fluoride for up to 12 hours after brushing, while fluoride in ordinary toothpastes washes away within 90 minutes. Used twice daily it gives up to 24 hours fluoride protection."

Since around the 1970s, dentists have offered fluoride varnishes and fissure sealants once the child's permanent back teeth have started to come through, usually at the age of about six or seven. The chewing surfaces of the back teeth are covered with a special thin plastic coating to keep germs and food particles out of the grooves. This sealant can last for as long as five to 10 years. It works by strengthening tooth enamel and making it more resistant to decay, but of course it shouldn't be used as an excuse to then eat loads of sweets! **hc**

Images: Dreamstime



Choose BioMin® F for Kids for strong and resilient teeth!

- All day protection with slow release technology
- Rapid neutralisation of acid after snacking
- Prevents tooth decay and extractions
- Lower fluoride concentrations with all the benefits

The result of over 10 years of research at Queen Mary University of London Dental Institute



Get BioMin® F for Kids for your children today!
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