



HOW SHOULD KIDS BRUSH THEIR TEETH?

When your kid drinks or eats something, within 20 minutes the sugar in the food turns into acid, which decays teeth.¹

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If the first baby tooth has not yet erupted, gently wipe your kid's teeth and gums twice a day with a clean, soft cloth moistened with clean water.¹



When your kid's teeth start to erupt start brushing their teeth twice a day for 2 minutes, applying an age-appropriate, rice grain-sized amount of fluoride toothpaste to the toothbrush.¹



When your kid is old enough to brush their teeth under your guidance, teach them to spit out the toothpaste left in their mouth after brushing. Rinsing the mouth with water is not recommended because the small amount of fluoride toothpaste left around the teeth helps protect them.²



For kids 6 years and older, physicians strongly recommend parental supervision to make sure that the teeth are brushed correctly.

Brushing teeth in kids in four steps³

- A soft toothbrush should be preferred.⁴
- The toothbrush should be changed every 3 months.²
- It is recommended to use fluoride toothpaste as much as a grain of rice for 0-2 years and as much as a grain of pea for 2-6 years.^{5,6}



1. Place or help her place the toothbrush at a 45-degree angle to the gums.³



2. Gently move or help move the brush back and forth in short, gentle movements.³

Brush or help brush the outer surfaces, inner surfaces and chewing surfaces of all teeth.³



3. To clean the inner surface of the front teeth, tilt the brush vertically and brush or help brush the teeth in several up-and-down movements.³



4. Make sure his tongue is gently brushed to remove bacteria and keep his breath fresh.³

3. Image descriptions adapted from reference

In order to prevent dental caries, 2 basic factors should be considered^{7,8}

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- The image displays three boxes of Sensodyne Pronamel toothpaste, each with a different flavor and benefits. The top box is 'Fluoride' (orange accents), the middle is 'Fluoride + Whitening' (green accents), and the bottom is 'Fluoride + Whitening + Tartar Control' (blue accents). Each box features the Sensodyne Pronamel logo, a list of benefits, and a cartoon tooth character.

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