

Good habits for your child's teeth

Age 3-6

folktandvardenblekinge.se



Clean and strong teeth

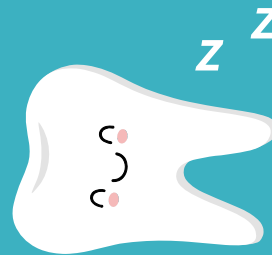
Brush your child's teeth with fluoride toothpaste morning and evening. Your child needs help for this, until they are at least 10 years of age.

10 years



Our teeth need rest

Let your teeth rest between meals, avoid snacks.

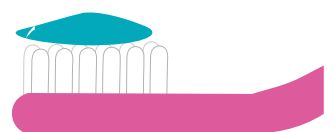


How much toothpaste?



3-5 years

For children between 3 and 5 years of age, the amount of toothpaste should equal the size of a pea.



Water is best

Water is the best drink for a thirsty child – day and night.

Only offer formula, thin porridge or water from the feeding bottle.

Sweets, cakes and soft drinks

To grow and thrive, we need a varied diet. It is best to put off presenting the child to sweets, cakes, biscuits, chips and soft drinks for as long as possible.

Later it will be a fine habit to select one day a week – Saturday sweets



From 6 years:

Children from the age of 6 can use toothpaste intended for adults.

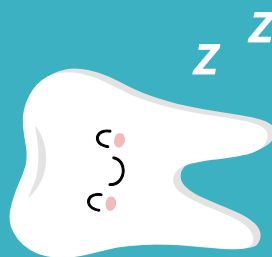
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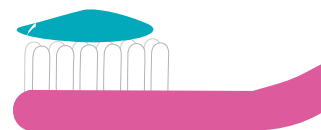


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English - Engelska

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