

Parents brush children's teeth

Dental care from birth is the most important measure for parents so that their children's teeth stay healthy and beautiful.

Parents brush all their child's teeth from all sides every evening until the child is capable of thorough oral hygiene itself. This point in time is not reached until the primary school child is fluent in longhand.

Dear Parents, listed below are a lot of tips and small tricks for your child's dental care, so that your child will also belong to the successful group of (dentally-) healthy children all his life.

Stroke your still toothless baby regularly over the crest of the jaw and massage it carefully. You can feel the soft jaw-crest becoming hard dental lamella when the milk teeth shoot in (Fig. 2 and 3).

From the first milk-tooth onwards, always brush your child's milk teeth with a child's toothbrush and a small amount of children's toothpaste before bed.

Toothbrushing made easy:

→ When changing nappies on the changing table: Your child's head is stably nestled, and with your free hand you can keep a gentle but firm hold on your child's hand (Fig. 1 Cover).

On your lap (Fig. 4):

→ Pull your child's bottom towards your stomach so that it can comfortably kick its legs about to the right or left without being able to push itself free; Your free hand can loosely hold the two arms; you have direct eye contact to the child and can converse with it. In the picture below (Fig. 5) the mother supports the child's head with her free hand, while the child's hand is "busy" with a second toothbrush.

Soon the children want to brush themselves, because brushing teeth is fun and interesting, e.g. in the morning after breakfast.

In addition, dear parents, you brush clean all your child's teeth from all sides every evening before bed, with a child's toothbrush and a pea-sized amount of children's toothpaste. After your child's 2nd birthday, the teeth are brushed twice a day with children's toothpaste. To do this, the father can pick up the child in his arms (Fig. 6). Brushing teeth in the high chair directly after the evening feed is practical for the day-to-day routine (Fig. 7).

Dental hygiene in bed (Fig. 8 above) as part of the evening ritual is lovely and cosy as well as comfortable for you and your child: wash - put on pyjamas - brush teeth - read a story - go to sleep.

Regardless of whether your child is lying down, sitting up (Fig. 9) or is being held slightly upright in your arm during dental hygiene, in the infant and kindergarten age it swallows most of the toothpaste. Depending on its age, your child is not yet able to spit out in a controlled manner - very often it will swallow first and then spit.

Children occasionally resist dental hygiene by the parents. The best thing here is distraction: tell a story, sing make jokes. Don't even approach the subject of brushing teeth; it "just happens by the way" - why not in front of the TV or when playing a game for once?

The following may help to make evening tooth-brushing child's play:

- Brushing teeth with CD resp. cassette accompaniment: There is an extra story for the tooth-brushing ritual.
- Brushing teeth as an adventure experience: "We hunt the tooth monster out of our mouth. There's one, behind the tooth..."
- Brushing teeth as a "cuddling ritual": kiss on the forehead, the nose, the hands; and then the toothbrush can cuddle with the teeth.
- Change brings fun: this includes the new self-selected toothbrush and toothpaste.
- Older children are impressed by stained plaque.

It is important that you do not force your child to brush its teeth under threat of a visit to the dentist or toothache.