

Teeth brushing instructions

How we recommend to brush the teeth



Brush morning and evening with a toothpaste containing at least **1100-1450 ppm.** fluoride. Do only use an amount of toothpaste that will fit on a child's little fingernail.



Adult assistance is needed until the child is **10-12 years** old - regardless whether an electric or a regular toothbrush is used. Stand behind your child and brush. Use a **soft** and not too large toothbrush.



Brush **half tooth** and **half gum**.



Brush in small circular motions with light pressure and move the toothbrush forward - one tooth at a time. Count to **10** at each tooth.



Start brushing on the outside of the rear molars in the upper jaw – go all the way around to the opposite side. Brush the inside afterwards and finish with the chewing surfaces.



Brush the teeth in the lower jaw in the same way.

- **outside**



- **inside** - move the toothbrush vertically on the backside of the front teeth.



- **the chewing surfaces**



At age 6 and the 12 new permanent molars will erupt behind the existing molars. Brush those teeth across as shown on the picture.



Spit out but do not rinse with water after brushing. This way you benefit the most from the fluoride in the toothpaste.