

Good advice on children's teeth



Help your children to brush their teeth with fluoride toothpaste in the morning and evening.



Fluoride toothpaste protects teeth and makes them strong.

Make it a habit



brush with fluoride toothpaste morning and evening



make sure that your child sleeps with clean teeth



give teeth at least a two-hour break between meals



give your children water if they are thirsty

What is caries?

Caries is the same thing as tooth decay, or holes in teeth.

Why do people get caries?

Certain bacteria in the mouth can convert sugar from food and drink into an acid that decays teeth, which develops into caries.

What are the main sources of sugar?

- Sweet drinks like Coca Cola, Fanta and other soft drinks
- Fruit juice and cordial
- Sweetened coffee and tea
- Sweets, cakes and ice cream
- Honey and dried fruit

Save sweet things for one day in the week.

Healthier teeth with a 2-hour break or more

Sugar seldom = low risk of caries



Sugar often = high risk of caries



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