



## Regular visits to the dentist

Child's first visit to a dentist/pediatric dentist should take place until its first birthday, as parents' timely information is crucial for children's oral health. Child's contact with a dentist/pediatric dentist in the context of preventive education is precious in order to (a) prevent every possible problem of oral health (b) familiarize the child with proper oral hygiene and dentist (c) continue regular visits for the rest of its life.

## Teeth protection against injuries

Children often fall and injure their teeth during play or athletic activities. If the child falls and injures its teeth, parents should remain calm and immediately contact with the dentist/pediatric dentist regardless of the seriousness of the situation. Prompt diagnosis and treatment reduce the possibility of complications. If a permanent tooth is removed out of its place due to injury, it should be rinsed with water and be put back to its position or, if this is not easy, it should be preserved in milk until dental treatment.

For children that exercise regularly the dentist/pediatric dentist can recommend, according to the sport's activity, a mouthguard.



HELLENIC DENTAL ASSOCIATION



ΕΠΙΧΕΙΡΗΣΙΑΚΟ ΠΡΟΓΡΑΜΜΑ  
"ΑΝΑΠΤΥΞΗ ΑΝΘΡΩΠΙΝΟΥ ΔΥΝΑΜΙΚΟΥ"



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ΑΓΩΓΗ ΥΓΕΙΑΣ



Information-  
Parents' powerful weapon



## For how long should parents help at teeth brushing?

Teeth brushing is parents' responsibility until the age of 7-8 years. The aim is to completely remove the germs but also to gradually train children in order to achieve proper teeth brushing by themselves and to acquire a necessary daily habit. After the eruption of all of the primary teeth and if there are no spaces between the teeth, dental floss should be definitely used.



## Advice on the prevention of oral diseases

### Proper and regular teeth brushing

Daily teeth brushing aims at the complete removal of teeth's dental plaque. Children's toothbrush should have soft, flexible, end-rounded bristles and should be often replaced (every 3-4 months).

### When should the brushing of children's teeth begin?

Ever since the eruption of the first tooth in baby's mouth (6th month of age) it should be daily cleansed with a wet piece of gauze bandage, especially before night's sleep. The eruption of other teeth should be followed by brushing the teeth twice a day with a soft children's toothbrush using fluoride toothpaste. A dentist/pediatric dentist will explain to you the proper way of brushing the teeth as well as the appropriate quantity of fluoride toothpaste for every age.

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The screenshot shows the website header with the logo 'Γερά Δόντια Χαρούμενα Παιδιά' and navigation links. The main content area features a news item titled 'Έκθεση Έργων στην "Ταχύντις"' with a photo of an exhibition. Below the article are social media sharing buttons for Facebook, Twitter, and YouTube, along with a search icon.

## Avoid frequent consumption of sugar containing food and beverages

We should be aware that the more frequent the consumption of sugar containing food and beverages is, the higher the risk of teeth decay becomes. But, the fact that sugar is harmful for the teeth does not entail that we should exclude it from our child's nutrition. Sugar containing food should preferably be consumed during meals (and not as a snack between meals) and natural sweet food like fruits should be preferred.

Special attention should be given to prepared food that contain hidden sugar. Parents is advisable to read carefully the labels of industrial food and beverages. If sugar is their first or second ingredient, then their sugar content will be high.

## Use of fluoride

Fluoride strengthens teeth resistance to acids. Fluoride's great value is due to the fact that it can fully heal decays of the tooth enamel that are in early stages, therefore fluoride toothpaste should be daily used.

Moreover, the topical application of fluoride varnishes and gels by the dentist according to children's needs and age is recommended. Finally, when needed, after the age of 6 a dentist can recommend daily use of a fluoride mouth rinse.

## Prevention of teeth erosion

In order to prevent teeth erosion, the reduction of the consumption of erosive solid or liquid food (refreshments, energy drinks, fruit juices, vinegar, pickles, etc) is recommended. Drinking acidic drinks using drinking straw and avoiding toothbrushing for at least an hour after erosive food consumption is also recommended. It is vital for children to drink water between the meals and avoid refreshments or juices.