



How to brush

- Brush twice a day, in the morning and at night before bedtime.
- Choose a toothbrush with a small brush head and gentle filaments. The handle should fit a small child's hand, but also the adult helping the child to brush.
- Apply a small amount of toothpaste – the size of the child's little finger nail – to the toothbrush.
- Brush the inside, the outside and biting surfaces of the teeth. Always brush in the same order, to make sure no tooth surface is forgotten.
- Place the filaments along the teeth and gum line in a 45° angle. Brush with a slight pressure using small movements. It is important to clean the gum line area, where bacteria easily build up.



Tips & advice by

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TePe – We Care for Healthy Smiles

TePe has been promoting healthy smiles since 1965. At our manufacturing plant in Malmö, Sweden, we design and produce toothbrushes, interdental brushes and other oral hygiene products that are available in more than 50 countries worldwide. All TePe products are developed in cooperation with dental expertise.

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TePe's new website
www.tepekids.com includes
professional tips and advice
for parents and fun things
for the small ones.



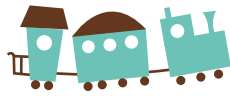
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Dental care in children – tips and advice



A good start



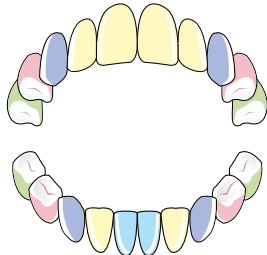
Establishing good oral hygiene routines at a young age is the first step towards healthy teeth, the whole life through.

The first teeth

The primary teeth, the milk teeth, often start emerging around 8 months of age, but there are great individual differences. Usually, the front teeth in the lower jaw emerge first. When the child is around 18 months, the first molars start appearing. In total, the child gets 20 milk teeth, 10 in each jaw.

Tooth development

- 6–8 months
- 8–12 months
- 14–16 months
- 17–19 months
- 23–30 months



From around 6 to 13 years of age, the primary teeth are successively replaced by the next set of teeth, the 28 permanent or adult teeth.

The first permanent molar emerges right behind the last milk tooth at the back of the mouth. It can be difficult to detect and clean. The biting surface is irregular and extra sensitive to caries, so it is important to brush properly.



Brush from the very first tooth

Already when the first tooth begins to emerge it is time to start brushing. Good toothbrushing routines from the beginning is the first step to healthy teeth in the future. Brush twice a day, morning and evening.

Children need help to brush until the age of 10. A small child does not have the manual skills to brush properly and cannot see the consequences of careless brushing.

When brushing is difficult

All children sometimes refuse to brush their teeth. Try to create a positive atmosphere around the brushing routine – perhaps using a song or story could make it more fun?

Toothbrushing does not necessarily need to take place in the bathroom. You could just as well brush in bed or on the changing table – let the child lie on its back with the head nearest to you. The little older child can sit in your lap, leaning the head on your arm.

Go to bed with clean teeth

A good rule is to always go to bed with clean teeth. During the night, there is less saliva in the mouth, which makes the teeth more vulnerable to caries.

Let the teeth rest

Let the teeth rest – avoid eating between meals. If the child is thirsty between meals or at night time, serve water.

In case of an accident

If the child hurts a tooth and there is a lot of bleeding, or if the tooth is chipped, loose or pushed into the jaw, contact your dentist for advice. If a milk tooth is knocked out, never put it back.



Toothbrushing should be fun



In the TePe range of oral hygiene products you will find brushes for all ages and needs.

TePe toothbrushes for children have extra soft or soft, gentle filaments and a small, tapered brush head adapted to small mouths. The handle suits a small hand, but is also convenient for the adult helping the child to brush. Bright colours and nice prints make toothbrushing more fun.



With **TePe Mini™** it is easy to start brushing from the very first tooth. It is recommended for children from 0 to 3–4 years of age.



TePe Zoo™ is a little larger than TePe Mini and suits children from 3 years.



TePe Graphic™ has a larger brush head and is suitable for older children and adults.



TePe Compact Tuft™, with an angled neck and rounded tuft, makes it easy to clean the biting surfaces of emerging molars.

All TePe products are made in Sweden and used daily by people worldwide.

