



iDenti KIT

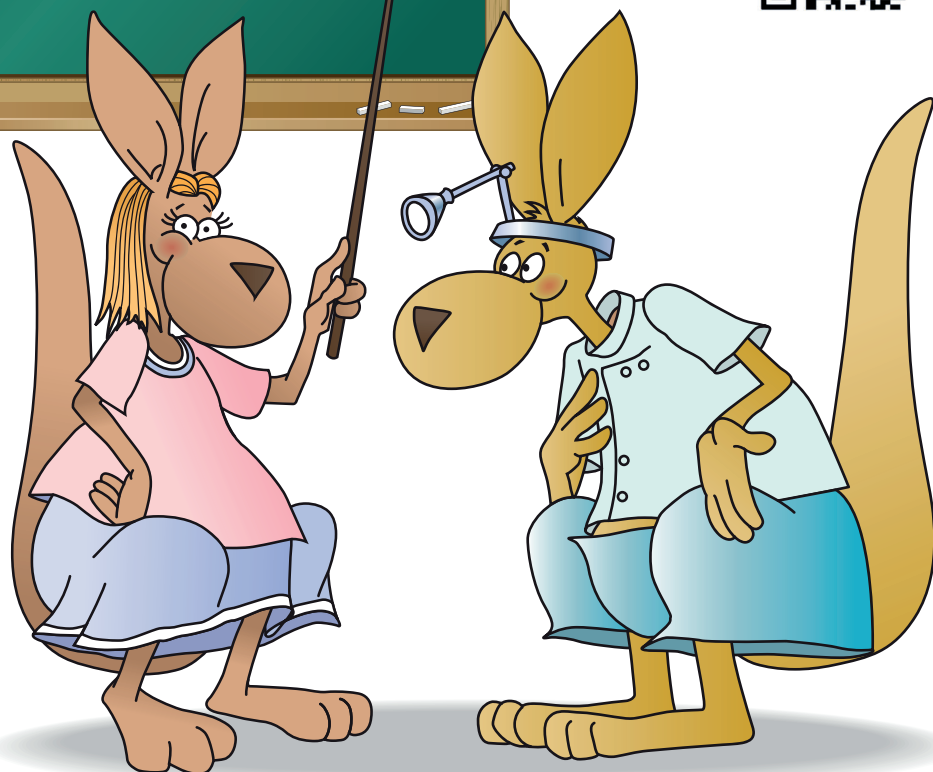


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REGIONE PIEMONTE

The good practice to your children's oral health



Il presente opuscolo, redatto a cura di Specialisti ambulatoriali di Branca Odontoiatria Pediatrica ASL CN1 (dr.ssa Michela Manfredi) e del Servizio di Promozione della Salute ASL CN1, deriva da un riadattamento dell'opuscolo dei genitori prodotto e diffuso nell'ambito del progetto interministeriale "Identikit" (2012)

Good habits start in the family

1

It is best to avoid the prolonged use of the pacifier and the baby bottle after 18/24 months, as they increase the risk of caries and malocclusion. Even habits such as thumb sucking and nail biting can do harm to the teeth and the mouth

2

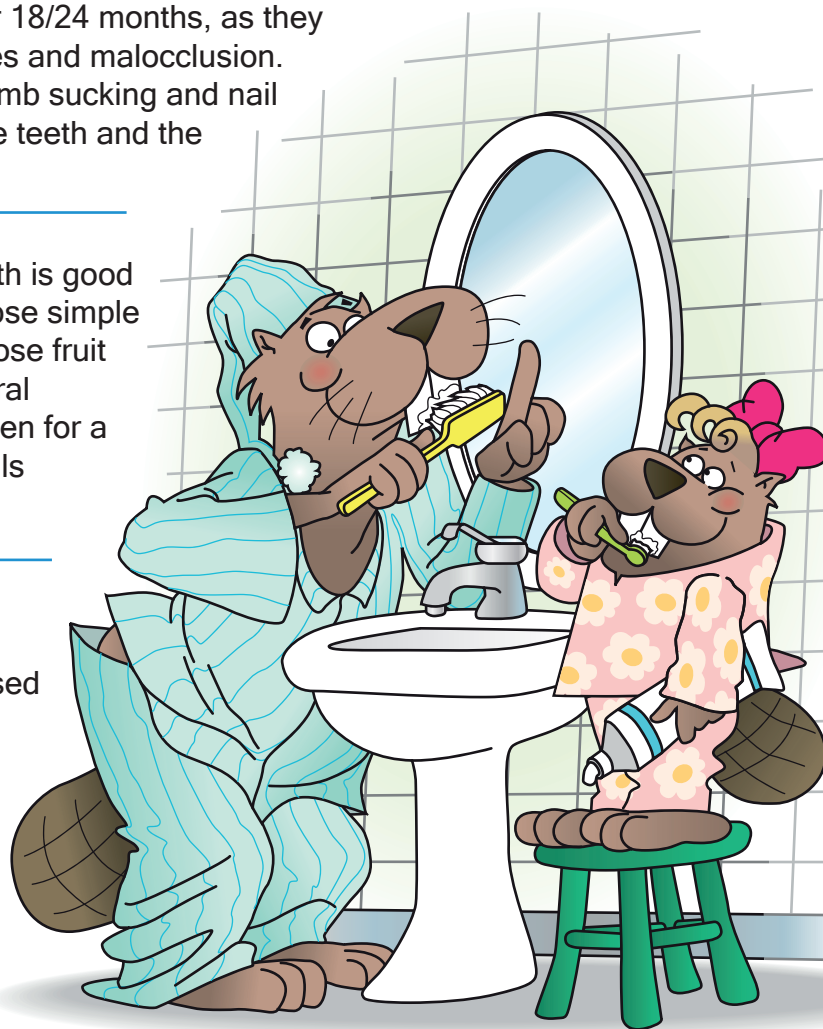
What is good for the teeth is good for the whole body: choose simple food for your child, propose fruit and vegetables on several occasions every day (even for a snack!), eat regular meals

3

Avoid giving food and sugary drinks outside of meals: don't get them used to being rewarded or comforted by sweets

4

Before bedtime, just water: the rule is "in bed with clean teeth"



5

Set the example: let them be present when you brush your teeth, they will emulate you. Teach them to brush their teeth without hurry after every meal, but especially after eating sweet food

6

Teach them the right moves for brushing and guide their moves the first few times. Brush all surfaces with a dose of toothpaste for children equal to a pea: first the internal surfaces of the teeth, then the external ones, and finish with the chewing surfaces and don't forget to clean the tongue too

7

Don't wait the toothache! Check your child's mouth: if caries is present on the milk teeth, it must be treated, because in addition to causing a lot of pain, it can damage the teeth that will come after. If you have doubts, ask your pediatrician or your orthodontist