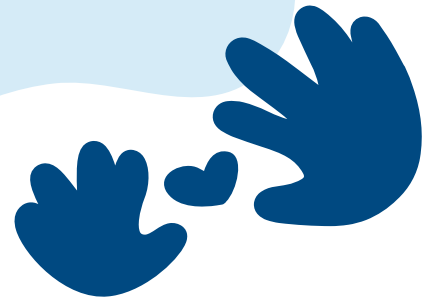




Oral Health Care for Children Aged 7–11

Teeth should be brushed twice a day

A child's teeth should be brushed for a minimum of two minutes every morning and evening. Many children are still learning to brush properly and need their parents' help. **It's recommended that adults brush their child's teeth until the child turns 10.**

An electric toothbrush is recommended for school-age children. The technique for using an electric toothbrush differs from that used with a manual one. Gently move the electric toothbrush from one tooth to the next. It is also advisable to teach children to use dental floss at this age. School-aged children should use fluoride toothpaste with a fluoride content of 1450 ppm.



Regular mealtimes and drinking water when thirsty promote oral health

School-age children should consume a nutritious breakfast before school, followed by a healthy snack and a warm meal after school. **Regular mealtimes and a varied diet help to curb snacking and the associated risk of cavities.**

It is advisable to limit eating occasions to 5–6 times daily as teeth need 3–4 hours of rest between meals. **Remember, water is the best drink to quench thirst.** Reserve sugary treats and drinks for special occasions.

- Milk or soured milk are the recommended mealtime beverages.
- Water is the best option when thirsty.
- Juices, sodas, and diet drinks can cause cavities and tooth enamel erosion.

Daily xylitol is beneficial

Full-xylitol products offer a safe alternative to sugary sweets. An example of good practice is the use of xylitol products at the end of meals. The recommended daily dose of xylitol is at least 5 grams. The amount is obtained from 6-10 chewing gums or pastilles.

Teeth replacement

By age 13, all 20 baby teeth have typically fallen out and been replaced with 28 permanent ones. Additionally, up to four wisdom teeth may erupt in the future. If a baby tooth is loose and causes discomfort when eating, it can be wiggled, especially if it is not unpleasant for the child or if the corresponding permanent tooth is erupting. Newly emerged teeth are especially cavity-prone due to their softer surface.

Sources:

www.kaypahoito.fi
www.terveysportti.fi

