

smalto

**DENTAL
CLINIC**



**Who will win the brushing contest?
Parents or children?**

SMALTO DENTAL CLINIC

76, Strovolos Ave., 2018 Strovolos, Nicosia - Cyprus, T. +357 22 112 112
E. info@smaltoclinic.com, [f](https://www.facebook.com/smalto.dental.clinic) [smalto dental clinic](https://www.facebook.com/smalto.dental.clinic), www.smaltoclinic.com



10 Fun Ideas

to facilitate your children's tooth brushing



At the beginning, it probably seems like an impossible task. It is a daily battle we have to fight with our kids and one which sometimes ends in both ends screaming. But it doesn't have to be that way! Imagination, and lots of patience, can help your children learn to brush their teeth in fun ways, until they are mature enough to understand its importance. Parents' serious commitment to a systematic process, guarantees that children will also commit to it the same way.

1. Let's choose a toothbrush! Next time you go to the supermarket, select some toothbrushes and toothpastes and let your kids choose which ones they want. We guarantee that that they will want to rush home and brush their teeth as soon as possible! Don't forget, by the way, that toothbrushes have to be replaced every 3 months.



2. My turn-Your turn. Younger kids do not usually have the ability to brush their teeth by themselves, so give them a hand! After you brush their teeth, give them their toothbrush and let them try it themselves. Show them the right movements as you finally do it together!

3. Find an audience! Let your kids choose their favourite toys and take them to the bathroom to watch them brush their teeth. And when they are done, let them brush their toy's teeth!

4. Use a stopwatch! Brushing children's teeth should last around 2 minutes, whereas for adults this procedure should take around 3 minutes. Use a stopwatch, or find imaginative ways to control this duration. You can use an Hourglass, which has a 2 minute duration, listen to a favourite song lasting around 2 minutes or why not even sing a song!



5. Applications for tooth brushing. If you have a smartphone or a tablet, you can download various applications to help you teach your child how to brush properly. These applications usually use songs or games with children's favourite story characters etc.

6. Make funny faces! Use all your talent to make funny faces. Your child will probably follow you in doing the same, while you keep him/her busy brushing his/her teeth.

7. Make up a story! Transform your child's toothbrush into a magical fairy whose mission is to exterminate those horrible germs. "Abra Cadabra, horrible germs, get out of my mouth!" or something similar! Leave the adult behind and get into their shoes to improvise together. Why not use a cape to transform your kid into a super hero whose task is to help all kids get rid of mouth germs?



8. Leave enough time for brushing. When kids are exhausted at night or rushing to school in the morning, the last thing they want to do is brush their teeth. So, let's make sure we give kids enough time, to brush their teeth, while include this important procedure in their daily routine.

9. The Tooth Fairy. Put some magic in your kids' lives! Bring along the Tooth Fairy and let her take away his/her little teeth and even pacifier, leaving behind a small gift or a coin. Or use children's storybooks, to help you pass along those important messages of how and why it is so important to take care of our teeth.

10. Let's brush together! Children are great in imitating what we do, but not necessarily what we say! So let us serve as models as we brush our teeth together, using this time to have fun together while we teach them the importance of proper tooth brushing

Preventive dentistry for our little friends



At the age of about 6 years, children begin to lose deciduous teeth which will be gradually replaced by permanent teeth, which are larger and stronger. These are the teeth we will have throughout our life, so it is very important to take care of them as from day one!

The enemies of the teeth

Like all body organs, teeth and gums can be attacked by many enemies. Some of the most common ones are:

Bacteria: Millions of microorganisms live in our body. Most of them are good, but others, especially when we eat sugar, produce acids that attack the tooth enamel and create tooth decay and gum problems.

Sweets: Sugar in foods and beverages is the main cause for tooth decay, as bacteria use the sugar to produce acids which attack and destroy the teeth.

Dental Plaque: Our mouth is full of bacteria, which feed on sugar and other foods we consume. These bacteria multiply and come together in a sticky membrane on the teeth called plaque. This plaque builds up on all surfaces of the teeth, including those which are not visible.

Acidity: Acidic beverages such as soft drinks and fruit juices can directly attack the tooth enamel, and thus teeth will be more vulnerable and sensitive to wearing.



Simple rules for proper brushing

- ◆ Choose a toothbrush with a small head and soft bristles.
- ◆ Use fluoride toothpaste. Doing so will strengthen tooth enamel and protect your teeth from decay and attacks of acids. Spread a small amount of toothpaste in the size of chick peas on your toothbrush. A small amount is enough to properly clean and protect teeth and gums.
- ◆ Place the toothbrush at a 45 degree angle in the area where the tooth meets the gum, then brush your teeth in circular motions.
- ◆ Brush your teeth for three minutes twice a day, in the morning after breakfast and before bedtime. Do not forget to brush all teeth, those that appear when you smile, but also those which are at the back of the mouth.

Simple rules for strong teeth

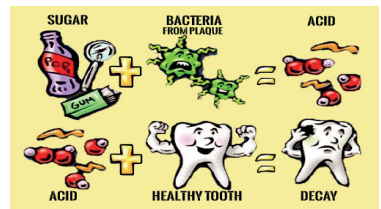
- ♥ Avoid foods that contain lots of sugar.
- ♥ Do not add sugar to your milk.



♥ If you want a snack between your

main meals, avoid foods containing sugar such as chewing gum, candy, cookies, soft drinks, sweetened juices or sticky food like raisins, dried fruit and potato chips. All of these foods can cause tooth decay.

♥ Prefer foods such as vegetables (carrot, celery and cucumber) and fruit and vegetable juices without sugar.



Become the Family dentist!



Who will win the brushing contest?
Parents or children?

1. Hung this calendar in your bathroom
2. Every morning and every evening, when you brush your teeth, draw a smile!
3. In a month, show your dentist how well you did!

smalto

DENTAL
CLINIC

* Only one week left!

Carry on! You are almost there!





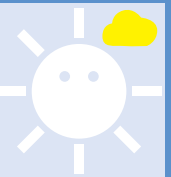
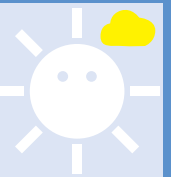












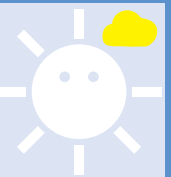
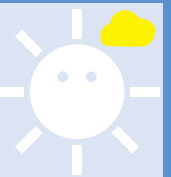
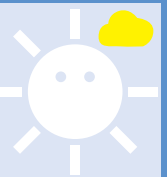
Week 3



you



your
parents

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
you							
your parents							
you							
your parents	