

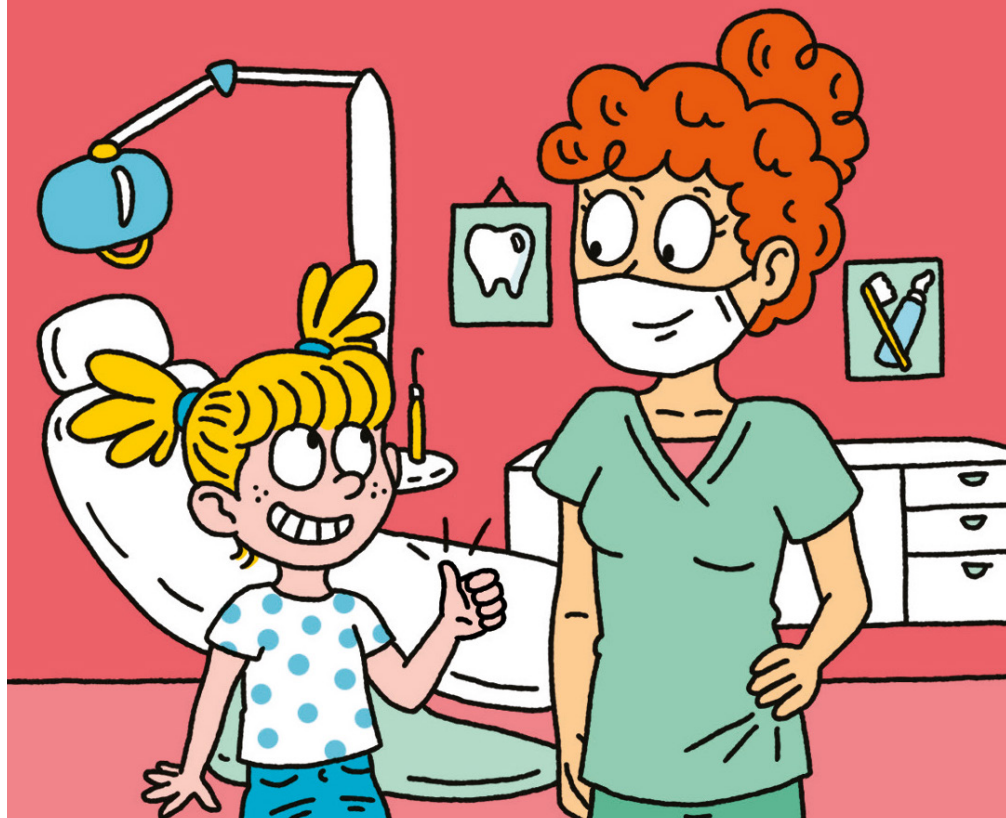


**l'Assurance
Maladie**

Agir ensemble, protéger chacun

Isère

THE PARENT'S GUIDE TO HEALTHY TEETH



TOOTH DISEASE

What is a cavity?

A cavity is a hole in a tooth. It forms when certain bacteria, naturally present in the mouth, produce acids by feeding on food debris (especially sugars) to multiply. These acids attack the teeth and destroy them by creating holes.



Between 18 months and 3 years old, the early appearance of cavities on the upper incisors is caused by frequent exposure to sugary liquids (including breast milk or formula). **This is known as bottle tooth decay.**

If left untreated, decayed teeth can cause significant pain. Decayed baby teeth can also lead to a dental abscess.

PREVENTING DECAYED TEETH



With a balanced diet

Reduce sugary foods, limit snacking, and increase the variety of foods.



With proper tooth brushing and good oral hygiene

AT EACH AGE, A SPECIFIC BRUSHING METHOD

Baby from 6 months to 1 year old



Use either a damp cloth, a small soft toothbrush, or a finger brush with water. Lay the baby on your knees or on the changing table and position yourself behind them to clearly see their upper and lower teeth.

De 1 an à 3 ans



Parents should brush the child's teeth with a small, soft toothbrush and appropriate toothpaste. Give them their own toothbrush so they get used to it while watching you brush your teeth. Let them imitate you first, then finish brushing their teeth by standing behind them, facing the mirror, to see clearly into their mouth while gently pressing their head against you.

Brushing your child's teeth : as easy as A B C !

1 Place the toothbrush on the teeth and brush back and forth 10 times on one side.



2 Repeat on the other side.



3 Continue by brushing one side of the upper teeth.



4 Finish by brushing the last side in the same way



From 4 years old

The child brushes their teeth on their own under parental supervision.



From 6 years old

The child brushes their teeth on their own twice a day for 2 minutes.

You should also change the toothbrush at least every 3 months.

How many times per day?

Before 2 years old 🌙
Every evening at bedtime.

From 2 years old ☀️🌙
Morning AND evening,
for 2 minutes after meals.

How much toothpaste should my child use ?

6 months – 3 years old



A rice grain amount (only if the child knows how to spit)

3 years – 6 years old



A small pea-sized amount

Above 6 years old



A hazelnut-sized amount

Read more

Find all dental health topics and the M'T Dents program on ameli.fr : dental abscess, teething, dental cavities...

www.ameli.fr > assuré > santé > tous les thèmes de la santé

MT'DENTS

APPOINTMENTS

They are covered by health insurance for your child at ages 3, 6, 9, 12, 15, 18, 21, and 24.

.....

You can find all the relevant information on ameli.fr.



.....

If you have not received the M'T dents invitation by mail or if you have lost it, you can find it through your Ameli account or you can call

3646

Service gratuit
+ prix appel

