

Test your knowledge

The Healthy Teeth Quiz

Find out how much you know about keeping your child's teeth healthy with this true (✓) or false (✗) quiz.



1. () Parents should start cleaning their child's teeth as soon as the first tooth appears.
2. () Parents should start brushing their child's teeth with toothpaste that contains fluoride at age 3.
3. () Children younger than 6 years should use enough toothpaste with fluoride to cover the toothbrush.
4. () Parents should brush their child's teeth twice a day until the child can handle the toothbrush alone.
5. () All children older than 6 months should receive a fluoride supplement every day.
6. () Young children should always use fluoride mouth rinses after brushing.

Answers

1. **True.** Start cleaning as soon as the first tooth appears.
2. **False.** Parents should start using toothpaste with fluoride to brush their child's teeth at age 2. Can be used earlier if recommended by the dentist or doctor.
3. **False.** Only a pea-sized amount of fluoride toothpaste should be used.
4. **True.** Children usually do not have the skill to brush their teeth well until around age 4 or 5.
5. **False.** Check with your child's doctor or dentist about your child's specific fluoride needs.
6. **False.** Fluoride rinses have a high concentration of fluoride which is not recommended for children less than 6 years old.

**KEEPING
YOUR CHILDREN'S
TEETH HEALTHY
& SHINY.**



Health Authority
Abu Dhabi



Steps to healthy and shiny teeth

- Your child's teeth and gums are important as they help your child to eat, smile and speak properly.
- We can prevent tooth decay and gum diseases by regular and proper oral healthcare.



Dental plaque is a film of bacteria that forms on the teeth. The bacteria in dental plaque can cause tooth decay and gum disease. Tooth brushing helps to remove plaque and tooth debris from the teeth and gums.

Start cleaning early (0-2 year olds)

- When the first tooth appears, begin cleaning by wiping every day with a clean, damp cloth.
- As more teeth appear, switch to a small, soft toothbrush and water.
- Always help your baby/toddler to clean their teeth and make teeth cleaning a fun part of the daily routine.
- Only begin using toothpaste with fluoride when your child is 2 years old, or if it is recommended by your doctor or dentist.



Encourage teeth cleaning as an important part of the daily routine (2-7 year olds)

1. Supervise brushing

- Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone.
- Make teeth cleaning a fun part of the daily routine.
- Continue to closely watch brushing to make sure the child is doing a good job and only using a small amount of toothpaste.



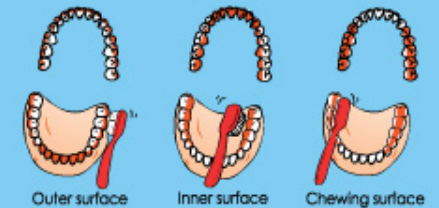
2. Use the right amount of fluoride toothpaste

- Brushing twice a day with a fluoride toothpaste is a good way to prevent tooth decay.
- However if children younger than 6 years old swallow too much fluoride their permanent teeth may have white spots. To prevent this from happening:
 1. Use only a pea-sized amount of tooth paste
 2. Teach your child not to swallow the toothpaste and to spit out the toothpaste and rinse well after brushing.
- Replace your child's toothbrush when the bristles wear out, to ensure that the toothbrush is effective in removing the plaque



Clean all surfaces:

- Each tooth has 3 surfaces.
- Place the brush at 45° angle so that both the teeth and gums can be cleaned at the same time.
- Make sure your child brushes all three surfaces.



3. Talk to your child's doctor or dentist

- It is recommended for children to have regular checkups with their dentist.
- Ask the doctor or dentist about your child's specific fluoride needs.
- Children younger than 6 years old should not use a fluoride mouth rinse unless recommended by a doctor or dentist.



Healthy food = Healthy teeth

- Make sure your child eats a healthy diet.
- Avoid sweets and fizzy drinks which can lead to tooth decay and painful cavities.