

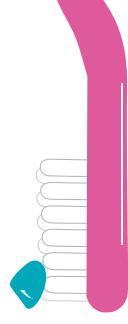
**Clean and strong teeth**  
Brush your child's teeth in the morning and evening with fluoride toothpaste. Your child will need help with this until they are at least 10 years old.

**10 years**



ILLUSTRATION: CARMEN CARLSSON

**How much toothpaste?**  
How much toothpaste? From the time the first baby tooth emerges until the age of 2, the amount of toothpaste should be equivalent to the child's pinky fingernail.



**Water is the best**

When the child is thirsty water is the best drink, both during the day and night. Give only breast milk substitute, gruel or water in a feeding bottle.

**Sweets, cakes and sweet drinks**

To grow and feel good, we need different kinds of food. It is a good idea to wait as long as possible before giving your child sweets, biscuits, crackers, crisps and sweet drinks.

A good habit then is to choose one day a week  
- Saturday treats.

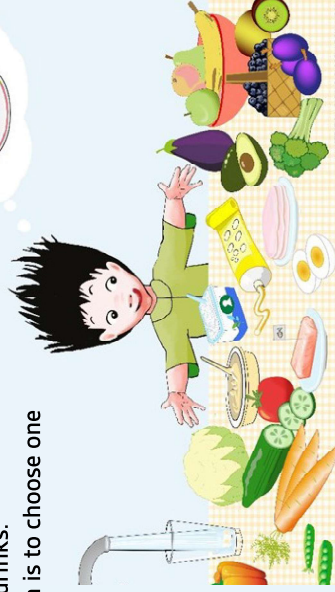
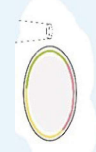


ILLUSTRATION: CARMEN CARLSSON (2016)

**Teeth need rest**  
Give your teeth a rest between meals, avoid eating snacks.

Z  
Z



# Good habits for your child's teeth



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## Clean and strong teeth

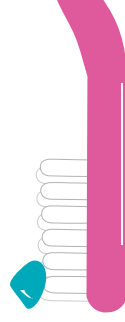
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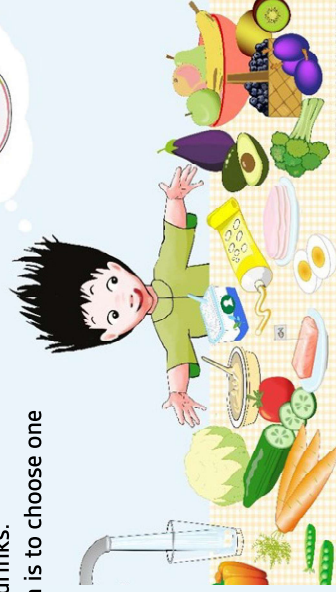
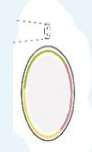
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