

# The Tooth Fairy's Guide to Children's Teeth



Want a child who's excited to brush their teeth?  
Or one who isn't afraid of visiting the dentist?

You can have that at home, too!

This unique book, packed with expert advice and  
presented in a playful, colourful way, will help make  
dental care fun and stress-free.









Dear parent,

Welcome to The Tooth Fairy's Guide to Children's Teeth!

This unique handbook is your go-to resource for everything you need to know about caring for your child's teeth.

Inside, you'll find expert advice designed to help you become a confident guide and motivator, encouraging your child to build healthy dental habits.

We've made sure the language is clear and engaging - perfect for sharing with your little one, making dental care a fun, positive experience.

You'll also discover practical tips to make oral hygiene routines easier at home, turning tooth brushing into an enjoyable part of your child's daily routine.



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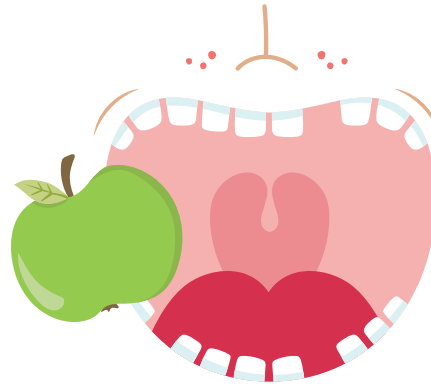
# **Anatomy**



# What are our teeth for?

## Eating

We can fully enjoy food only with strong and healthy teeth.



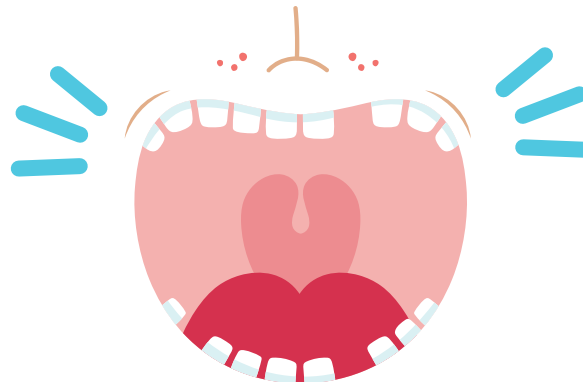
## Speech

The kind of teeth we have and how they are arranged greatly influence how we speak.

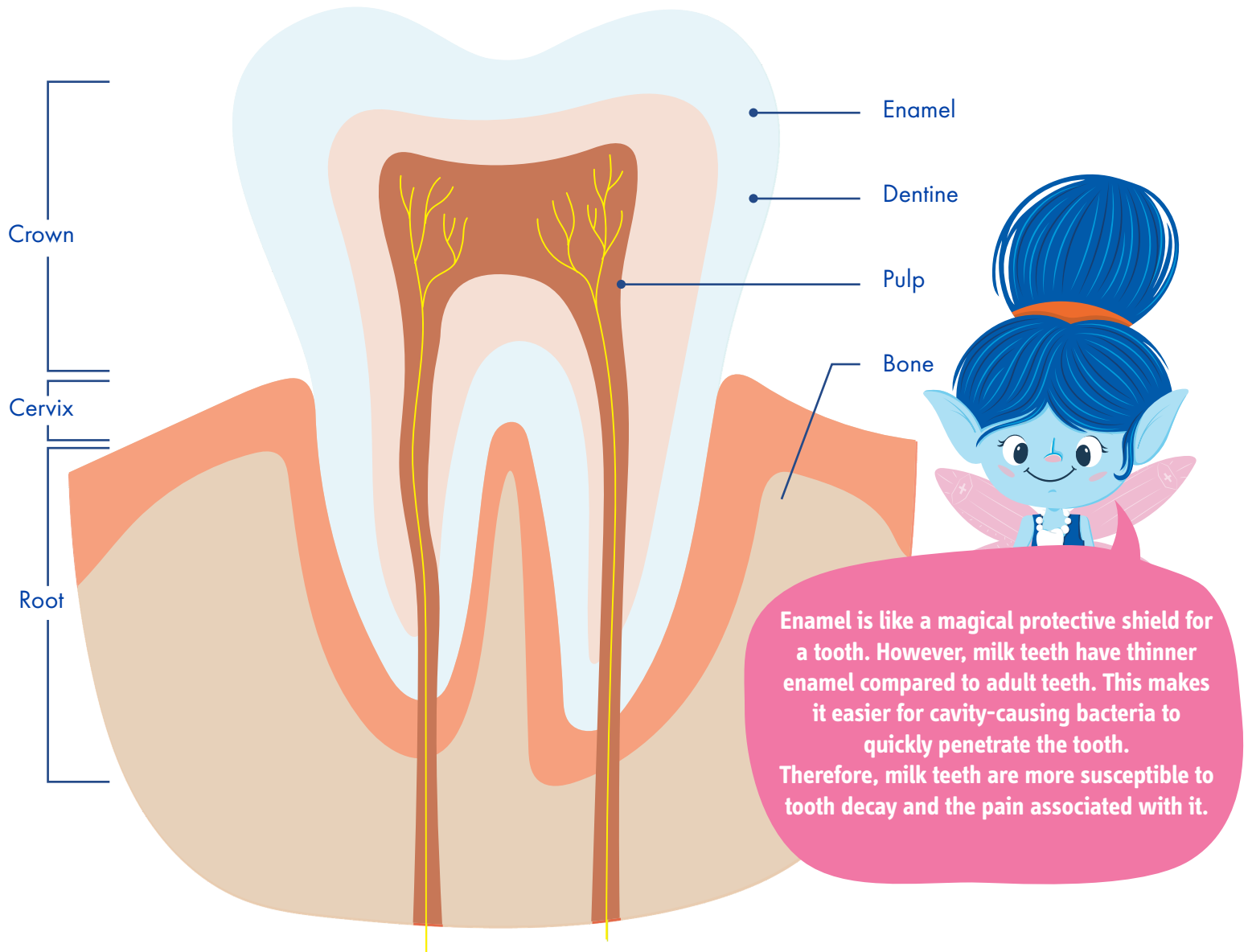


## Smile

An important ingredient of a beautiful cheerful smile are clean and healthy teeth.



# What are the parts of a tooth?

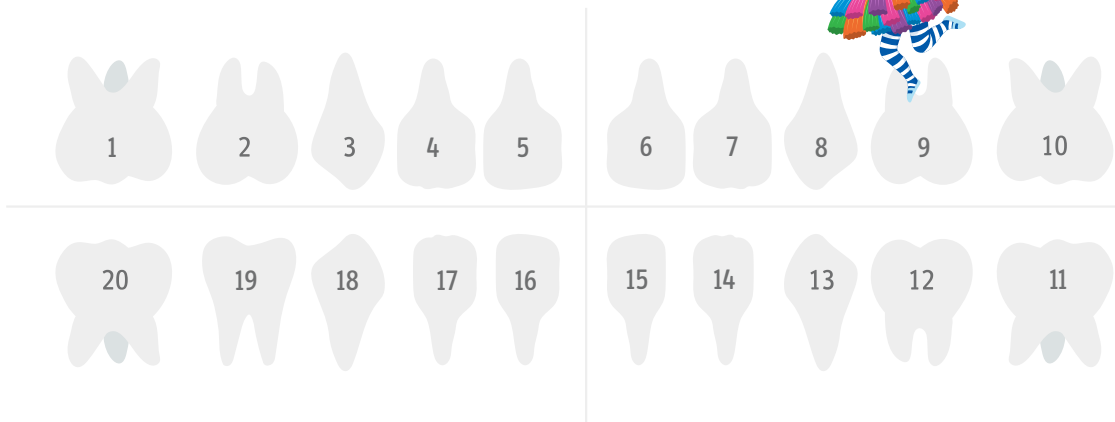


# What types of teeth do we have during our lifetime?



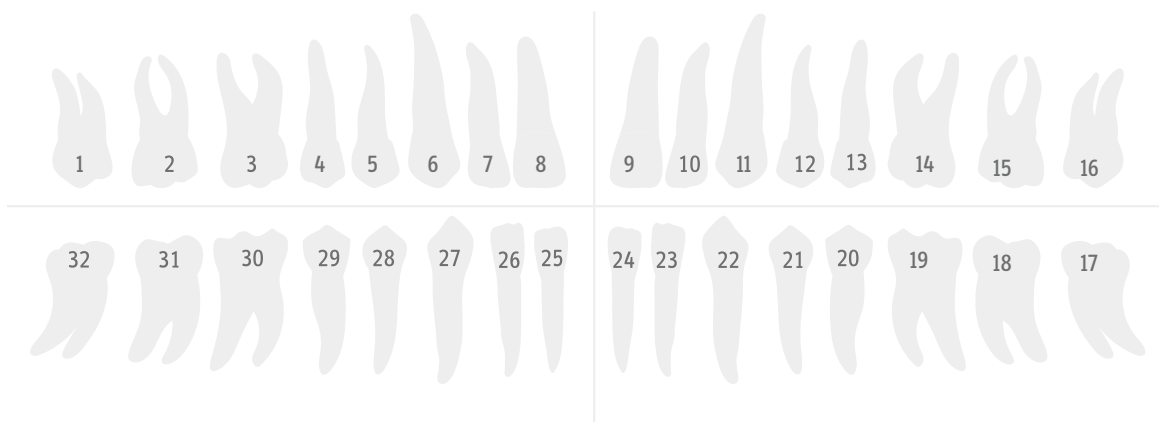
## Milk teeth

They are our first teeth. They start to grow a few months after birth and when they're all grown, there are 20 of them.



## Permanent

Gradually replacing milk teeth, there are a total of 32 of them.





# Different types of teeth

## Incisors

They are located in the front, and are used for biting off food.



## Canines

The canines are set on the sides, and they help us tear food.

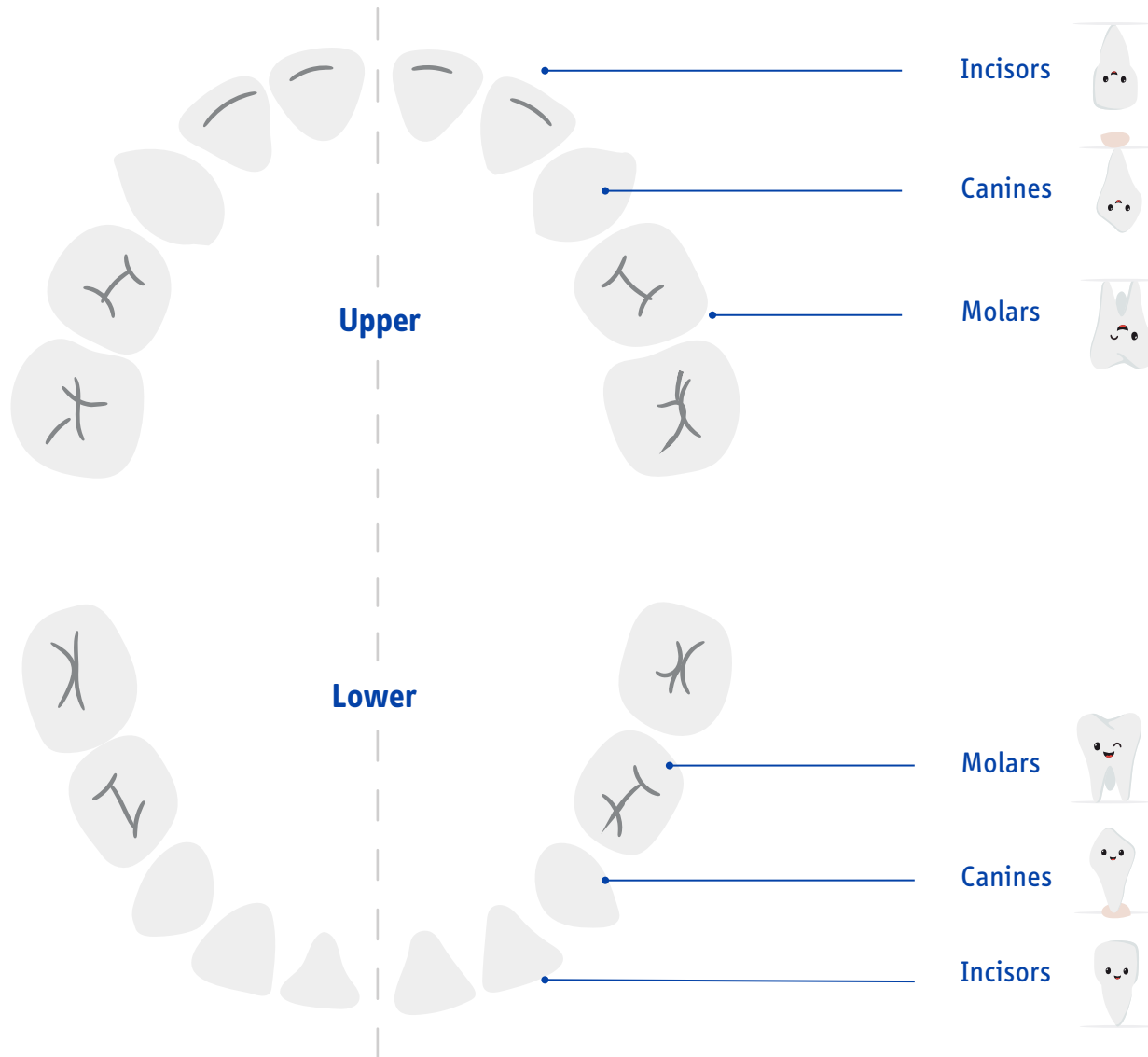


## Molars

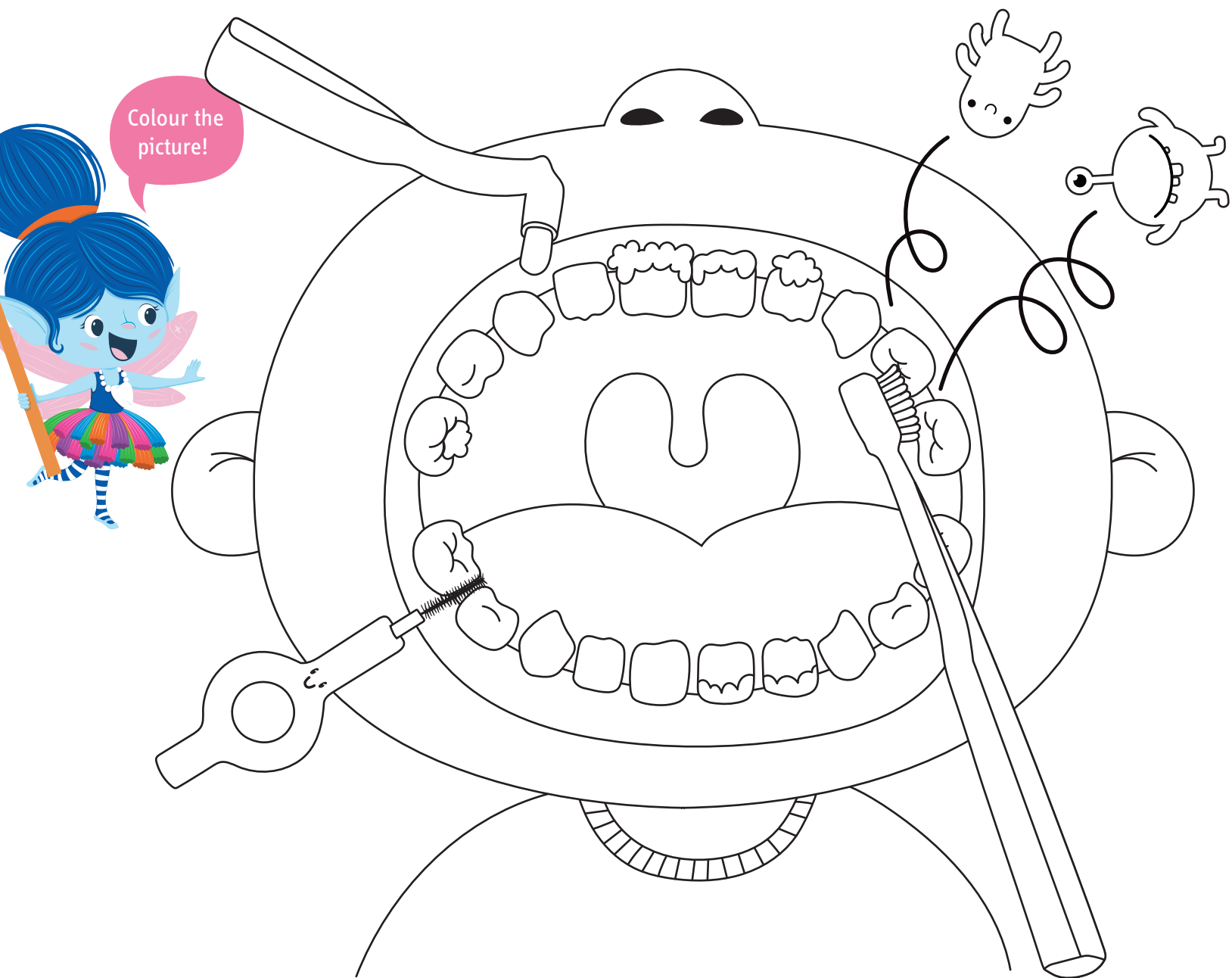
Found in the back, the molars are used for chewing.



# Where in the mouth are the teeth located?



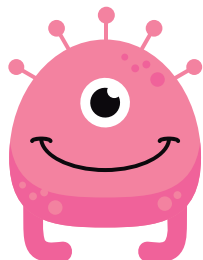
## What does it look like in the mouth?



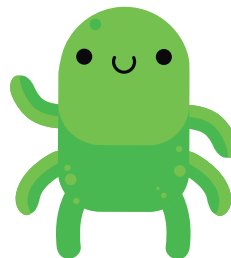
# Dental Cavities



## Don't just brush your teeth. Clean the bacteria mess!



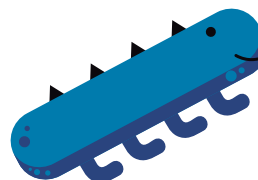
**Sweetie** loves sugar and sweets and if you don't brush your teeth after eating sweets he builds the biofilm which can cause cavities.



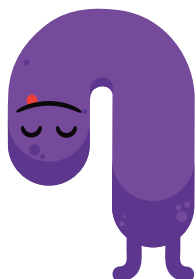
**Muscle** is strong and he loves to play, but he always leaves big mess after playing in the mouth. You need all tools to clean behind him (toothbrush, toothpaste and interdental brush).



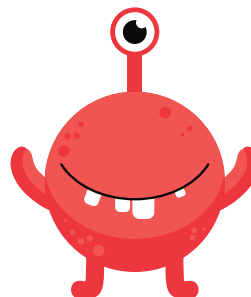
**Driller** drills little cavities in the teeth. He loves the soft toothbrush as it tickles him. He especially loves evening brushing!



**Twirly** loves vegetables, fruits, wholegrains and water. If you eat these regularly, he has enough energy to dance. His specialty is circular movements together with your toothbrush.



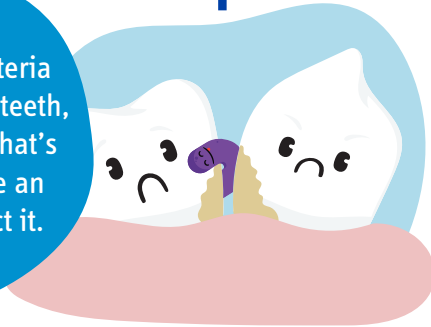
**Longie** has a long skinny body and he likes to play hide and seek in narrow spaces, such as our interdental spaces.



**Watchdog** is your best friend and he knows your dentist, too. Together they work to protect your teeth.

## Where are the favourite hiding places of bacteria?

When cavity-causing bacteria lead to decay between the teeth, it's sometimes invisible. That's why special imaging, like an X-ray, is needed to detect it.



### Between the teeth

Around the age of 3, the teeth get closer to each other, creating spaces that need to be cleaned. A toothbrush can't reach these areas, so it's necessary to clean them with special tools - an inter-dental brush or dental floss on a holder, known as a floss pick.

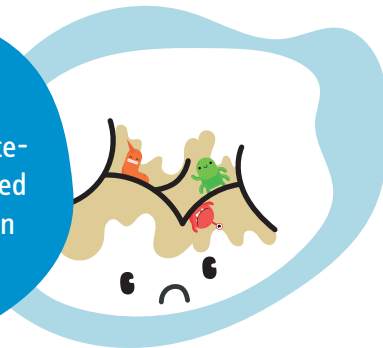


Can you find where the bacteria are hiding, maybe using a magnifying glass?

### Inner side of the upper teeth

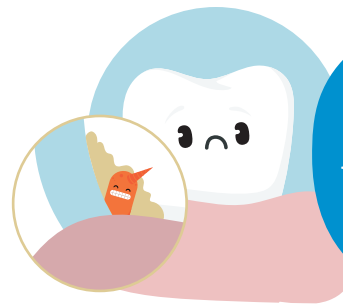
Many children have their first dental cavities in these areas.

These hidden spots can be sealed so cavity-causing bacteria can't build up. This is called a filling, but it's only done on adult teeth, not milk teeth.



### In the grooves on the teeth

Milk molars have deep grooves on the chewing surface. Therefore, it is important to clean them really thoroughly. A single brush can be an ideal helper.



Parents can help keep it clean by using a special single brush that reaches into this tiny space and sweeps the cavity-causing bacteria away.

### In the gingival crevice

Where the tooth meets the gum, there's a small groove - a perfect hiding spot for cavity-causing bacteria!

**This is what a healthy tooth looks like:**



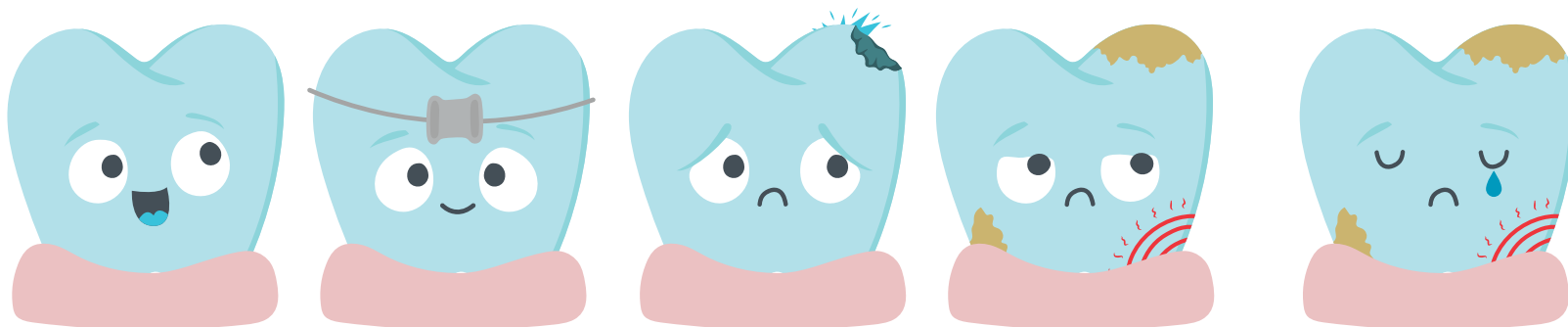


**And this is what a tooth with dental cavities looks like:**



# How do dental cavities occur?

In order to have a decayed tooth in the mouth, four conditions are occurring:



## Tooth

Yes, for our teeth to develop cavities, it's first necessary to have some teeth.

## + Bacteria

When we don't clean our teeth well and regularly, cavity-causing bacteria spread and build biofilm.

## + Sugar

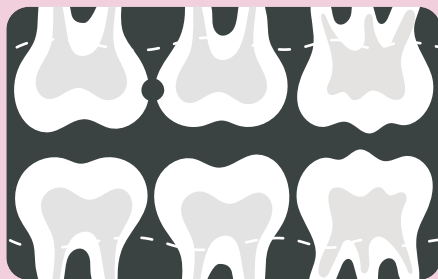
The cavity-causing bacteria in our mouths also need to eat, and we "feed" them with the sugar we consume in our food.

## + Time

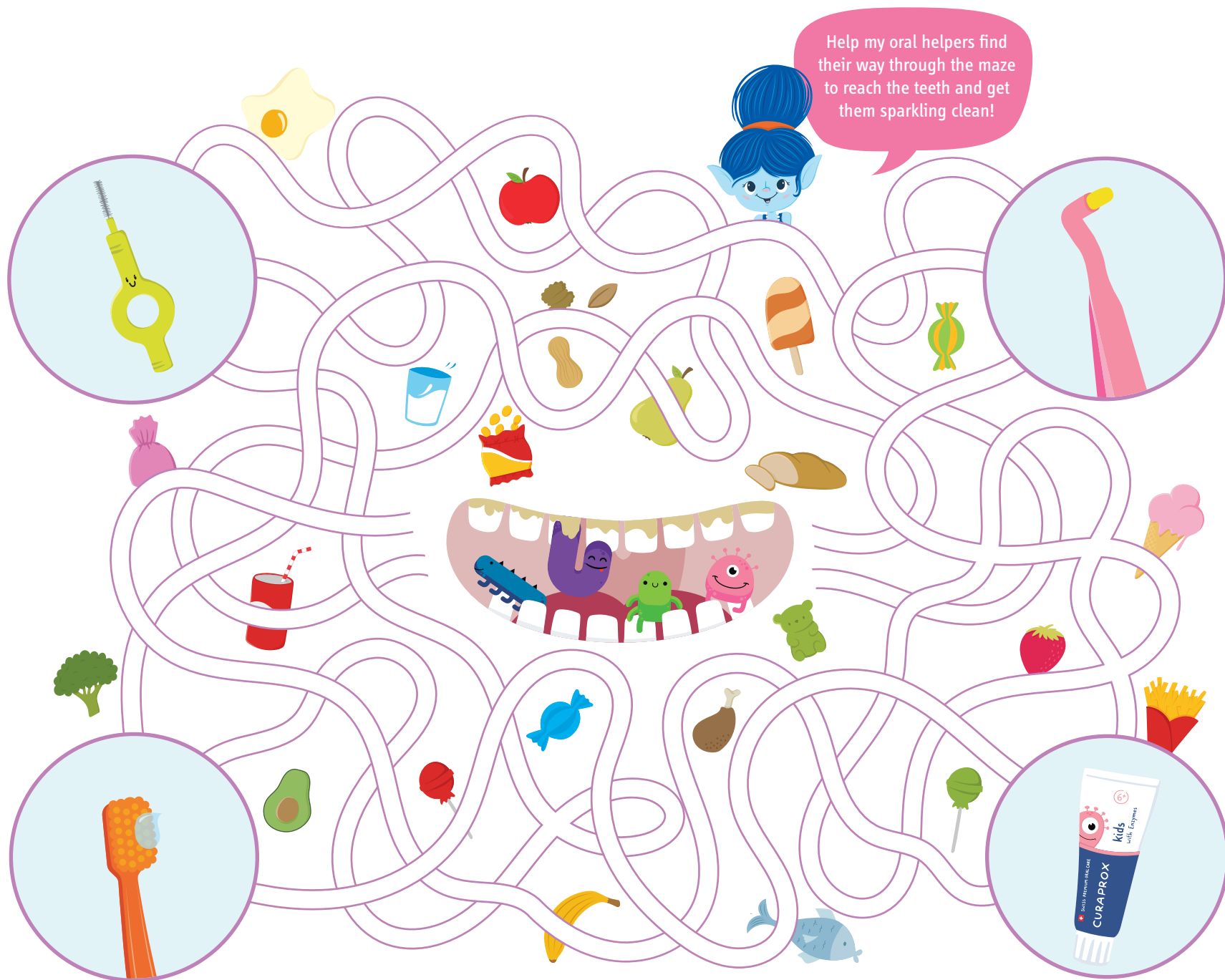
The bacteria are not immediately strong or numerous enough. Only when we let them reside undisturbed in our mouths and continuously "feed" them, do they become more numerous and sufficiently strong to damage our teeth.

## = Dental cavities

For children, it is important to go for preventive check-ups with the dentist twice a year. Due to thinner enamel, dental diseases progress more rapidly. Also, it is important from around the age of 4 to have regular X-ray images. These can reveal cavities that may not be visible to the naked eye.



Beware, sugar is not only in sweets. It is also found in fruits, bread, and potatoes. Therefore, it is necessary to regularly clean mess from the bacteria away.



## What happens next?

When a tooth is already decayed, we need the help of a dentist.

- 1 First, we numb the tooth.



- 2 Then we put a raincoat on it.



- 3 We shower the area where the bacteria are digging.



- 4 During the shower, we also use a saliva ejector.



- 5 We fill the hole with a special material, so that the tooth is healthy once again.

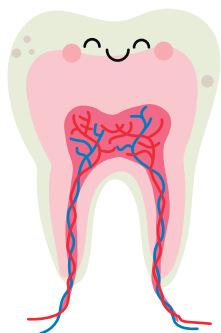


- 6 We made it!

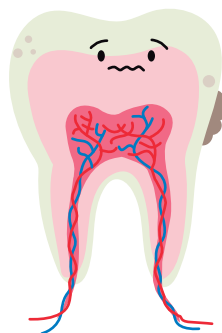


Sometimes it happens that by the time a dentist examines us, the hole made by the bacteria is already too large. Then, even the dentist cannot save the tooth from the bacteria and has to extract it entirely for the tooth fairy.

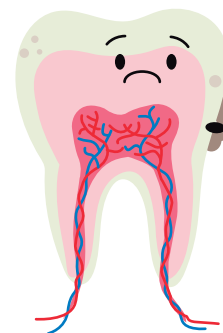
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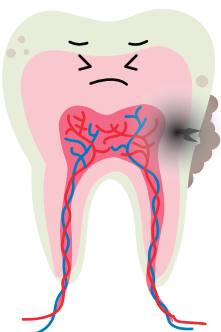
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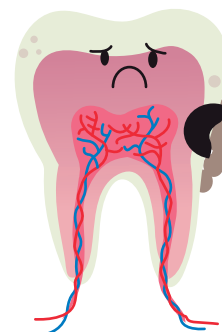
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5



6



**Tip for parents:** Talk to your child about why they think the tooth looks sad. Explain that when a tooth is hurting, it can make them feel bad too. Let them know that if a tooth has to be removed, it might also feel sad because it has to leave its tooth friends behind.

# Hygiene



# A toothbrush that is loved by teeth

The best helper for expelling the bad guys! But it's important that the brush is just right:

This is how a dense brush with a large number of bristles works:



This is how the majority of leading brands brushes work with a significantly smaller number of hard bristles:



## The head has many bristles

Bacteria are small and numerous. Therefore, the brush head must be dense to clean all the mess they made, not just some.

## The bristles are soft and gentle

Dental enamel is the protective coating of the teeth. However, to protect the teeth, we cannot scratch it with hard brushes. Imagine that the enamel protects your teeth just as skin protects your hands.



## The head is small

To best reach the hidden places, it needs to have a small head. After all, teeth are small too.

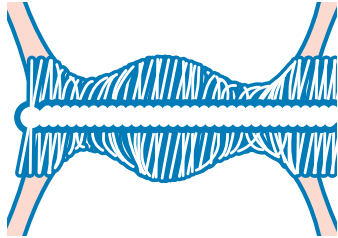




# Just a toothbrush is not enough. What else do we need?

We have already learnt about the shape of the teeth, so we know that cavity-causing bacteria have their favourite hiding places. However, a toothbrush usually can't reach these spots. Therefore, we need additional helpers.

Place the mouth helper in the proper place.



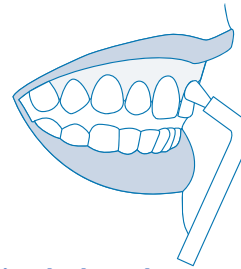
## Interdental brush

Drives out the bacteria even from between the teeth. No other brush can do that.



## Dental floss

Sometimes we clean between teeth with this tool. For example, between crowded teeth.



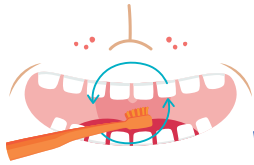
## Single brush

Bacteria also like to settle into the groove between the tooth and the gum. However, a toothbrush doesn't fit into that space perfectly. Fortunately, a single brush can do this.



## Toothpaste

Helps strengthen teeth and their protective coating, the dental enamel. It makes it harder for bacteria to drill holes in the teeth.



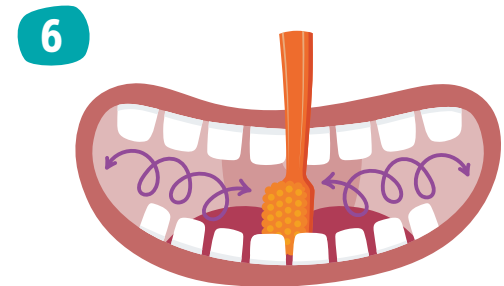
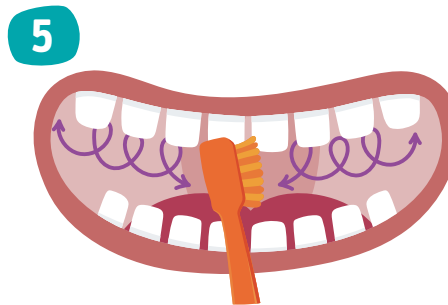
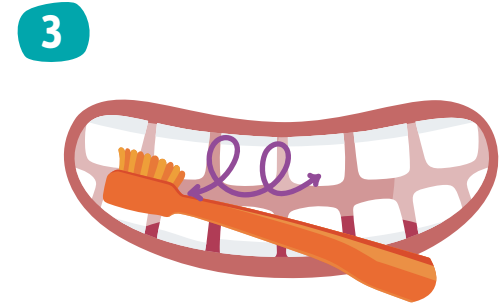
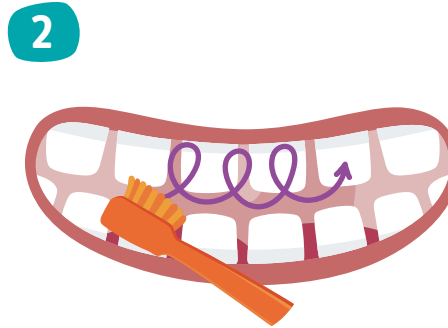
## Correct technique of brushing

**With the brush, we make small and slow circles.**

We do not move it from side to side, nor up and down.

**When cleaning with the brush, we don't press hard.**

To clean the mess of bacteria, there's no need to press hard with the brush. On the contrary, if we press too hard while cleaning, we can harm the teeth and gums. Therefore, during cleaning, we just 'stroke' the teeth.



### Tips for kids:

1. Don't bite the brush.
2. Don't swallow the toothpaste.
3. Help your parents during cleaning by opening your mouth wide.

### Tips for parents:

1. Brush your children's teeth after they clean them, up until around the age of 10.
2. Place the brush starting from the corner.



Let's draw circles, so  
that we know how to  
circle with a toothbrush  
on our teeth.

## The brush also needs to be cared for

When brushing, we don't press too hard.

The brush needs to be in good shape to clean away all the bacteria. That's why it should be replaced when the bristles lose their shape or after being sick.



We never cover the brush.

If the brush head is covered, bacteria can settle on it.



We wash the brush.

After brushing our teeth, we rinse the brush with clean water.



We store it so it can dry properly.

We put the toothbrush in a cup or a holder.

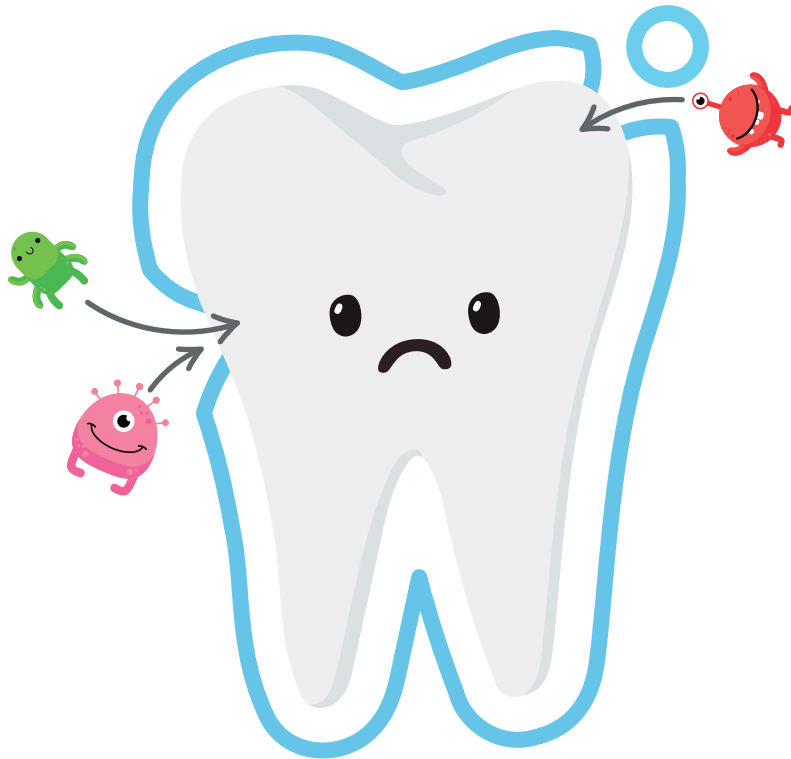


# Teeth strengthening

Every day and with every meal or drink, a special story unfolds on our teeth. Right after eating, some of the 'soldiers' guarding the tooth enamel - the protective coating of the teeth - 'retreat.' This is called demineralisation. Then, our own saliva intervenes and brings these soldiers back to the teeth. This process is called remineralisation.

We can also help remineralisation in another way - thanks to toothpaste containing fluoride. Fluoride can strengthen our teeth, making them better protected against bacteria. Every time we brush our teeth with fluoride toothpaste, it's as if we provide our teeth with several extra 'soldiers' to protect them.

**Tip for parents:** At least once a day, thorough teeth cleaning is essential. This is because fluoride toothpaste doesn't work on teeth with plaque. If a parent can't brush the child's teeth in the morning rush, it's important to at least 'paste them' (if they were properly cleaned in the evening). This way, they will be better protected during the day.

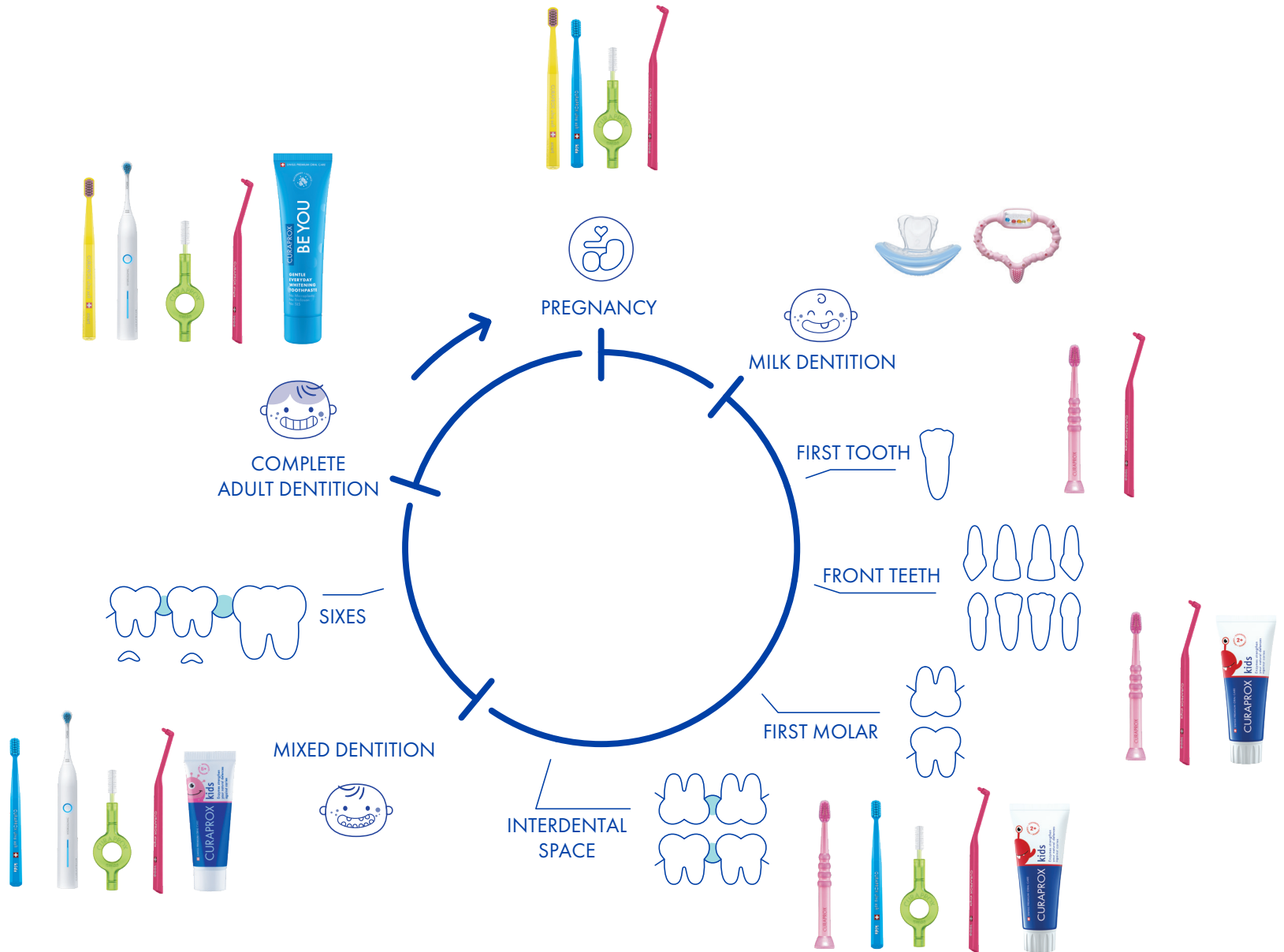


**Demineralisation**



**Remineralisation**

# Tools for all stages of childrens' teeth





# Nutrition





## It's not only children who love sweets, bacteria do too

In the section on dental cavities, we mentioned that bacteria like sugar the most. Thanks to this, they can grow, become stronger, and then start digging holes into our teeth. Which foods are healthy for teeth and will please the Tooth Fairy? And which ones, on the contrary, have sugar and will only please bacteria? Match them correctly!



**Tip for parents:**  
Keep in mind that your child may have already eaten plenty of sweets and treats at kindergarten - there is always a birthday or special occasion being celebrated!  
To protect their teeth, try to limit "bacteria-friendly" snacks for the rest of the day.

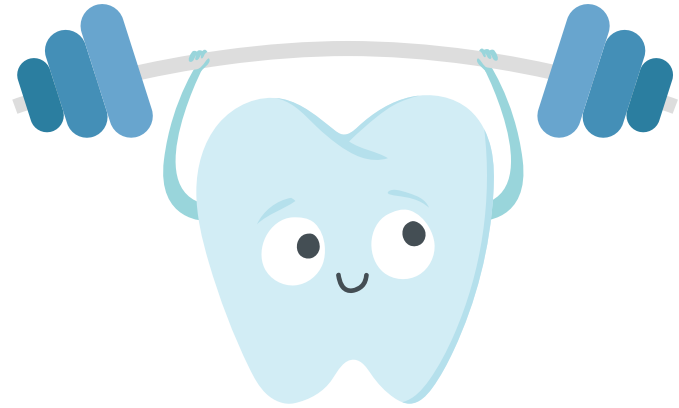
## Strong and healthy teeth need to bite

Blending, juicing, and pureeing are popular nutrition trends. Smoothies, purees, and similar soft foods are often favorites among children. However, there are two important reasons why we should not rely on them too much:



### Teeth are exposed to some harmful substances from food.

A good example is fruit. When we eat it in a blended form, the acids and sugars coat our teeth. But when we eat it whole, our teeth are exposed to much less harm.



### Biting is a form of strength training.

A child should regularly chew on hard foods, as this helps muscles and bones develop properly.

## 4 great tips on how to enjoy treats that are usually not healthy for your teeth



### It's not just about how many sweet treats we eat, but also how often

For example, if we have a cookie, it's better to eat it all at once. If we nibble on it occasionally over an hour, it does more harm to our teeth than if we eat it quickly.

The same applies to juice or any sweetened drink - it's better to drink it from a glass rather than sipping it through a straw over a longer period.



### Xylitol - the good sugar

This is a special sugar from birch trees, which although bacteria also find tasty, does not give them strength. On the contrary - they get so full from it that they don't feel like eating any other sugar or working for a while. Therefore, it's helpful to have a chewing gum or something else with xylitol before eating sweets.



### **A glass of water is a great first aid**

If you eat a cookie, it's better to finish it in one go rather than nibbling on it over time. Eating slowly keeps sugar on your teeth longer, which can cause more damage.

The same applies to drinks—it's better to drink from a glass rather than sipping through a straw for a long time, as this also increases exposure to sugar.



### **Perfectly clean teeth are not harmed by food**

We already know that, for example, a piece of chocolate can cause harm only if there are bacteria in the mouth that we inadvertently feed to. However, bacteria are only present on teeth that are not regularly or thoroughly cleaned. So, if you indulge in a piece of chocolate but take exemplary care of your teeth and they are perfectly clean, there is no risk.



We hope you enjoyed this fun and educational journey! You're well on your way to keeping your child's smile healthy and bright. The right tools, positive motivation, and making brushing fun with your favourite characters create an unbeatable combination.

Are Ash and Julie already part of your little one's daily routine? Do you know the names of all the teething toys at home by heart? You can further support your child's motivation with fun activities designed just for them. Curaprox partners with selected dental professionals to help make oral care a positive experience for children and parents alike!

We at Curaprox are happy to guide you on the journey to a healthy smile! That's why we truly appreciate your feedback.

Do you have ideas for other helpful materials that could support you and your child's oral care routine?

We'd love to hear from you!

Email us at [marketing@curaden.ch](mailto:marketing@curaden.ch).



**Thank you to everyone who helped make  
The Tooth Fairy's Guide to Children's Teeth possible:**

CURADEN AG

