

Care and clean – Right from the First Tooth

Children's dental health is the responsibility of the parents. Good dental health will not evolve by itself. The appearance of the first tooth marks a new stage in the babies development and it is important to establish good habits related to diet and dental care, to avoid caries experience.

The First Teeth

The small front teeth in the lower jaw are normally the first to appear. This usually occurs when the baby is aged 6-8 months; however, they can appear earlier or later. The next to break through are the front teeth in the upper jaw; then the front molars; the canines; and finally the back molars. Most children have all their primary teeth, 10 upper and 10 lower, when they are 2 ½-3 years old.

Does Teething Hurt?

It is quite normal for children's gums to be irritated when the teeth are breaking through, and babies often like putting objects in their mouths. Give them a teething ring of hard rubber or plastic without sharp edges. Some babies do get restless and somewhat tearful and they can get a slight temperature when the teeth are breaking through the gum; however, this is not a high, lasting fever.

Comforter or Finger?

Sucking on the thumb or a pacifier gives a baby good comfort. This sucking habit may cause the teeth to become a little crooked; however, as a rule the teeth will return naturally to the correct position if the child ceases sucking before he/she is approx. 4 years old.



Celebrating the first tooth with a little and soft toothbrush. Getting used to tooth-brushing should start as a play.

Breastfeeding at Night?

Breast milk contains sugar, which is converted into acid into the mouth. When the baby reaches the age of 1 year, breastfeeding at night should be reduced to twice per night, for dental health reasons. In addition the teeth should be brushed in the morning and at night, already from the first single tooth appearing.



Guide to good dental health –from the very first tooth appearing

- ♥ Healthy food at regular mealtimes – good for the body and the teeth
- ♥ Water when thirsty between mealtimes – also at night
- ♥ Tooth-brushing and fluoride – morning and evening

Tooth Decay

Sugar is the cause of tooth decay. When the child eats or drinks anything containing sugar, the bacterial flora in the mouth produce acids that can dissolve the enamel, eventually causing decay. The amount of sugar is not the most important, but how often the child has sweets or sugary drinks. Saliva neutralises the acid after every meal. Consequently, it is important not to eat or drink anything sugary between meals - especially at night when less saliva is produced.

Fluoride from an Early Age

As the baby becomes used to the toothbrush, the teeth should be brushed twice a day with toothpaste containing fluoride. To begin with there should be a tiny amount of toothpaste on the brush. Increased to an amount roughly the same size as the child's little finger nail when they are one year old, and to a pea-sized amount at the age of six. If you do not use fluoride toothpaste, or the child requires extra fluoride, then fluoride tablets are a good alternative. Ask for advice at the health centre, the dental clinic or the chemists.

Saturday Treats only on Saturday

Sweets and Saturday treats should be just that – on Saturdays only. However, if you wish to give the child something to enjoy, slice of fruit and vegetables is ideal. Good for the teeth and for the body!

Sugar-free Medicines

Ask your doctor or the chemist for sugar-free alternatives if the child requires medicines.

In Case of an Accident

Falls and accidents causing injury to the mouth may damage one or several teeth. Contact your nearest dental clinic, immediately. Do not press the damage tooth back in place.



Healthy food at regular mealtimes.



Tooth-brushing and fluoride... morning and evening!

Dental Health Services Regulations

The Public Dental Health Service (Den offentlige tannhelsetjenesten) is responsible for services provided to children and young people from their birth until they are 18 years old.

Children will be called for a dental check when they are approximately 3 years old. If the health visitor notices that the child needs a check before the ordinary call-up, then an appointment will be made. Contact the nearest dental clinic for further information.