



MAM

mambaby.com

Look! Brushing your teeth is easy and fun.
My personal dental booklet from the 1st to the 20th baby tooth.

Dear

I wish you a happy life with a million reasons to laugh and shine. So you can always flash a smile with sparkling white and healthy teeth from your beautiful face, I am giving you this booklet to help you on your way.

Wishing you a healthy life

.....



Dr. Y. Wagner is a dentist at the Jena University Clinic for Preventive Dentistry (Ger)

Dear parents!

Good oral hygiene and dental care from the start are important for the dental health of your child later on. This booklet should be a helpful companion over the next three years for your child's daily brushing routine, the first visits to the dentist and the many milestones for your child's baby teeth. We wish you and your baby a good start for a caries-free future.

MAM in cooperation with Dr. Yvonne Wagner

20 teeth complete the first set

- Tooth development begins during the 6th week of pregnancy.
- At the time of birth, the crowns of the primary teeth are already formed.
- The first teeth are usually visible between the sixth and eighth month.
- Primary dentition is complete with 20 teeth. Most children are proud owners of all their baby teeth at about 3 years of age.



8 incisors:

2 lower central (approx. 6th–8th month)

4 upper (approx. 8th–10th month)

2 lower, side (approx. 10th–14th month)



4 canines:

2 lower (18th–24th month)

2 upper (18th–24th month)



8 molars:

2 front lower, 2 front upper (approx. 14th–18th month)

2 back lower, 2 back upper (approx. 24th–30th month)

Oral hygiene begins at birth

The teeth are already in place in the alveolar ridge before birth. Once they break through, they are at the mercy of all external stimuli. The better the inside of the baby's mouth is cleaned, the more effectively the first teeth are protected from caries.

Caries can be avoided

Caries is caused by bacteria - they turn sugar from food into acids, which damage the teeth. The microorganisms do not originate in the mouth of the child but are transmitted through saliva, most often and completely unaware, from the closest caregivers.

Soothers, bottles, spoons etc belong only in the baby's mouth, not in the parent's.

TIP

Children usually develop a relatively stable oral flora by the age of 4. If hardly any caries causing bacteria have set in by then, these are the best conditions for continuing healthy teeth.



Playful start

TIP

A soft microfiber cloth is best, in order to gently cleanse inside baby's mouth.

At the same time the baby gets used to daily dental care. For this purpose, MAM developed the Oral Care Rabbit together with paediatric dentists. Parents can playfully use a finger inside of the rabbit ears to massage gums and remove bacteria.



MAM Oral Care Rabbit

Teething time

Teething time can be stressful for both babies and parents. It tingles, presses and itches and sometimes it just hurts. Suppositories or herbal gels from the pharmacy, which are accepted differently by every child, may offer relief for acute cases.

All of these products (including homeopathic) are drugs and therefore NOT a permanent solution.



MAM Bite & Relax Phase 2



TIP

What all babies naturally and happily accept are teethingers because chewing and rubbing relieves the pain.



MAM Bite & Relax Phase 1

Biting, chewing, cooling

MAM works on the development of teethers together with developmental pedagogues and paediatricians to offer babies and toddlers the optimal age-appropriate visual stimulation, textures and chewing surfaces.

MAM Cooler teethers ease the pain with water filled elements. Simply cool them in the refrigerator. Other teethers supplement daily dental care in a playful way. For example, the Bite & Brush cleans baby's first teeth while chewing thanks to its soft bristles. The Bite & Relax models from MAM are especially easy to hold thanks to their innovative shape. The three dimensional Mini Teethers each fit a specific teething phase and provide targeted relief in baby's mouth.

TIP

Babies also train their fine motor skills by using a teether.



MAM Cooler

Healthy teeth from the start

Once the first tooth has come through it is time to start with proper dental care.



TIP

- Brush teeth daily.
- Replace toothbrush every 6–8 weeks and after infectious illnesses.
- Regular dental check-ups.
- Bottles only for feeding or fluid intake and not for help when going to sleep.
- Water instead of sweetened drinks.
- Be conscious of soother use.

Children follow the example set by parents. Sensible nutrition and dental care are best taught by example.

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CERTIFICATE

Look!

My first tooth.

My first tooth was found on

My favourite thing to bite on with it is

My first tooth!
Please paste photo!



Once a day until the age of 2

For babies and children up to two years of age brush 1x daily after the evening meal with a special baby toothbrush.

The MAM Massaging Brush cleans baby's gums and relieves itching wherever teeth are ready to break through. The MAM Training Brush is equipped with especially soft bristles and a long handle. This allows it to be held by parent and child together to learn proper brushing motions early.

TIP

Having the baby lie on the changing table or sitting in your lap is the best way to clean the baby's teeth. Carefully lift the upper lip with the index finger while cleaning.



Twice a day from 2 years on

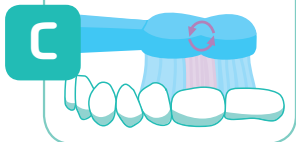
Morning and evening dental hygiene becomes an established ritual now. Soon it will be time to step up to an individual toothbrush like the MAM First Brush. The short, compact handle helps to brush just like adults.

By the third birthday, all of the baby teeth have found their place. Using dental floss is helpful, especially when the teeth are close together. Many children brush on their own by now. Checking afterwards and follow-up brushing is recommended until the age of 8. This is when the fine motor skills are sufficiently developed.

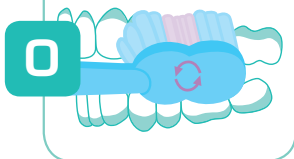


Brushing with “COI”

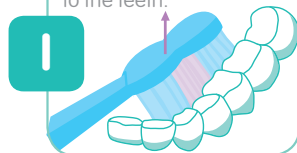
Brush **chewing surfaces** first with a circular motion.



Then brush the **outer surfaces**.



Lastly, the **inner surfaces** from “red to white”. That is, brush from the gums to the teeth.



Toothpaste from the first tooth

With MAM toothbrushes, dosing is simple: A small amount of toothpaste goes right on the pink bristles. Use a toothpaste with an adequate (500+ ppm) fluoride content. It should be as flavour-neutral as possible so it does not encourage swallowing.

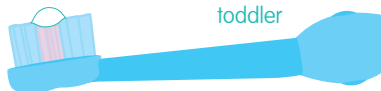
Expert opinion:

Dr. Yvonne Wagner, dentist, Jena University Clinic (Ger): “Fluoride is important for the prevention of caries. As soon as toothpaste is used for brushing, the use of fluoride tablets can usually be stopped. Best is to consult your dentist about proper dosing since using too much can cause tooth stains.”

recommended amount of toothpaste
baby



recommended amount of toothpaste
toddler



Look!

My favourite tooth brushing songs.

Brushing is often easier if mum or dad have a little ditty to sing along. Be it a simple children's song or even a rhyming tooth brushing rap: Here is something to be smiling about in a few years.

A little tune to get you started:

(To the tune of Row, row, row your boat)

Brush, brush, brush your teeth | Brush them every day
We put toothpaste on our brush | To help stop tooth decay

Brush, brush, brush your teeth | Brush them every day
Happy, healthy teeth you'll have | If it's done this way





It's all about the right soother

Sucking is actually a natural and extremely necessary developmental baby need. Therefore, choosing the right soother is important. It needs to calm the child, but must not exert too much pressure on the teeth and jaws. The MAM Perfect was developed through intensive research cooperation with health professionals and international experts. Approximately 60% thinner and 4x softer* than a traditional soother, it minimises the risk of malocclusions.

TIP

Correct tooth position is also relevant for the child's speech development. This is why it is important to consider limits and goals.

Expert opinion:

**Dr. Yvonne Wagner, dentist,
Jena University Clinic (Ger):**

"Studies have shown that the extra thin and soft teat neck of the MAM Perfect minimises the pressure on baby's jaw and thereby reduces the risk of malocclusions."

* Average values: 36–76% thinner / 2–8 times softer than standard silicone soothers.

Look!

I'm soother-free.

I,

had my last soother on

- I traded with the soother fairy.
- I gave it to the Easter Bunny / St. Nicholas/ Santa Claus.
- I gave it to
- I just didn't need it anymore.
-

My parents and I are really proud!



Healthy Nutrition

Babies learn good brushing habits and healthy eating best from the example set by their parents.

- Eat together at regular times.
- Water and unsweetened teas for thirst.
- Sweet and acidic drinks (fruit juice, for example) only with meals.
- Enjoy sweets for dessert, not as frequent between-meal snacks.
- Beware of hidden sugar in foods. Tooth-friendly sweets are available at the pharmacy.
- Neutralise sticky and sugary foods by brushing.



MAM Starter Cup

Eating and drinking like the grown-ups is not just an important developmental step from baby to toddler but is also good for the teeth and jaw muscles.

Unchecked, continuous sucking on bottles significantly increases the risk of caries. The right bottle contents and an early transition to cup or glass, for example with the help of a developmentally appropriate training cup like the MAM Starter Cup, are an important step for the healthy development of the child.

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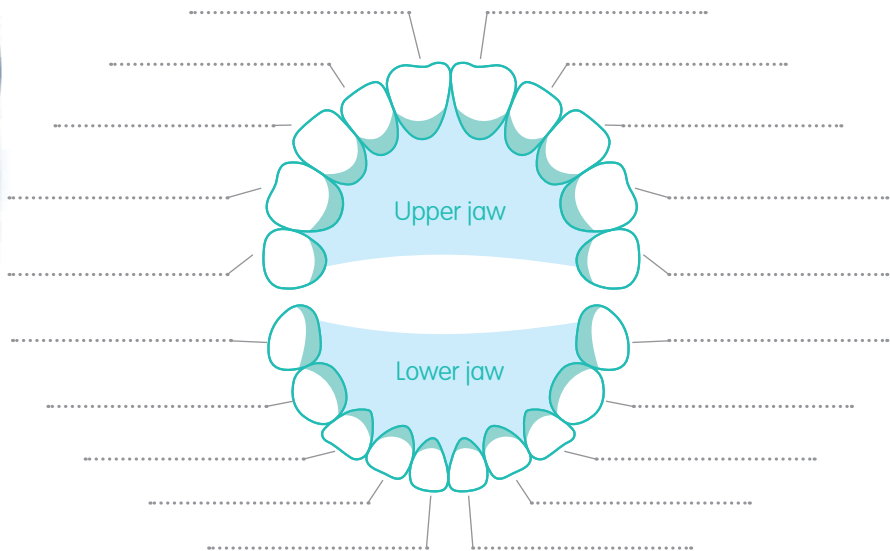
CERTIFICATE

Look!

I already have this many teeth.

Every tooth counts.

Mark here every time a new baby tooth appears.



...Prevention is better!

Semi-annual dental check-ups should start with the first tooth. The best protection against tooth decay is to never have it!

Please continue with regular dental exams and take part in group prevention programs in kindergarten, if available.

0-12 Months

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist

1 Year

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist

1 ½ Years

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist

2 Years

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist

2 ½ Years

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist

3 Years

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist

3 ½ Years

Dentist's notes:

.....

My next appointment:

Date and stamp
from my dentist



mambaby.com

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