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STARTING HEALTHY HABITS EARLY: COMBAT TOOTH DECAY IN CHILDREN



Taking care of your teeth is one of the most important parts of your daily routine. By flossing, you remove plaque from the areas between your teeth where your toothbrush can't reach. If this plaque is not removed it can turn into tartar, which can cause gum disease leading to more serious health conditions such as lung and heart disease. By flossing for two minutes a day you can reduce the risk of these serious health risks, and it's never too young to start.

With the rise of tooth decay occurring in children as young as three, it has become apparent that this issue needs addressing. DenTek recommends that parents start flossing their children's teeth as soon as there are two teeth touching. Flossing primary (milk) teeth daily is just as important as flossing permanent teeth as it sets children up for forming healthy habits and looking after teeth and gums in the long run. The best way to reinforce this habit is to teach flossing at the age of two and be consistent to instill the importance of daily flossing.

DenTek provides a full range of interdental products, which can be used to remove plaque and encourage healthy gums. Parents can help children kick start their healthy habit by following these easy instructions for using floss picks:

- Hold the floss pick firmly between the thumb and forefinger
- Using a gentle back-and-forth motion, slide floss between the teeth
- Move the floss picks up and down against each side of the tooth to clean above and below the gum line
- Repeat steps for each tooth
- Discard after use

Encourage your child to go beyond brushing with DenTek for a healthier, brighter, whiter smile.

Caution: under the age of 10 requires adult supervision.

ABOUT DENTEK

DenTek is a worldwide leader in innovative oral care products including floss picks, interdental brush cleaners, dental guards for nighttime bruxism, disposable dental picks, braces care and dental repair. DenTek products are available in retail stores nationwide including Boots, Amazon EU SARL, Gould Pharmacy and other select retailers.

Visit www.dentek.co.uk for more information.



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