

CURAPROX

Milestone Moments of the Mouth



Your guide to oral health
Birth to 10 years old



Dear Parents,

Congratulations & welcome to your beautiful baby!

This is such a precious time for you & your family. We are excited to embark on this journey with you.

Oral care is not a topic that automatically comes to mind when you first meet your baby but that is exactly why we wanted to gift you this very useful Milestone Moments Manual – it will guide you through how to take care of your babies mouth & teeth every step of the way.



Did you know?

Your baby is born with all his/her teeth already in place – just waiting to come out! Yes, it's crazy to think – but your baby already has all the teeth they need – milk & permanent teeth!

So why is oral care in babies so important? Well, if all your babies teeth are already there then we need to take good care of their oral health right from the get-go.

Brushing your teeth is not for fresh breath – it's actually to remove plaque from your teeth & gums so that you can prevent any disease in your mouth. Your mouth is your first point of immunity and therefore having good oral health means your immune system already has an advantage.

Looking after babies gums is essential - whether you are breast or bottle feeding!

Your gum health will determine your tooth health. So when babies first little teeth erupt from the gum – they are healthy and strong.

Let's get your baby off to the right start...



BIRTH TO BABY'S FIRST TOOTH



Sucking is very important for babies and it's a basic need. Many already suck their fingers in mummy's tummy. It calms, relieves tension, eases pain, helps falling asleep, and activates the digestive system. Thanks to intimacy and physical contact during nursing, the little one is able to relax easily and satisfy its hunger, thirst, and the need to suck. If this is not possible— for whatever reason – a suitable soother/ dummy or pacifier can satisfy a child's need to suck.

Which soother is the right one?

Soothers are available in a wide variety of shapes and sizes. Soothers have a few functions; satisfy a child's sucking needs, keep babies quiet & calm, and soothers can also prevent and correct unfavourable swallowing patterns and help with the development of baby's jaw and palate.

How do I choose the correct soother for my baby?

Your baby's palate, mouth, gums and tongue are developing and forming daily. It is vital that you consider the shape of the soothers you offer your baby to ensure optimal growth & development for your baby's mouth, tongue, teeth and even sinus cavity.

So what shape is ideal?

Some soothers remain in the baby's mouth even when the child is not actively sucking as these are big and can't slip out. That sounds ideal but let's take a look at how this may negatively affect your baby's oral motor skills. Due to the shape of these round, large soothers (which baby will use daily) the formation of the palate (which is soft and very malleable) will mimic the shape of the soother. Round soothers contribute to tooth and jaw misalignments, oral breathing, speech and swallowing disorders, and even eating problems.

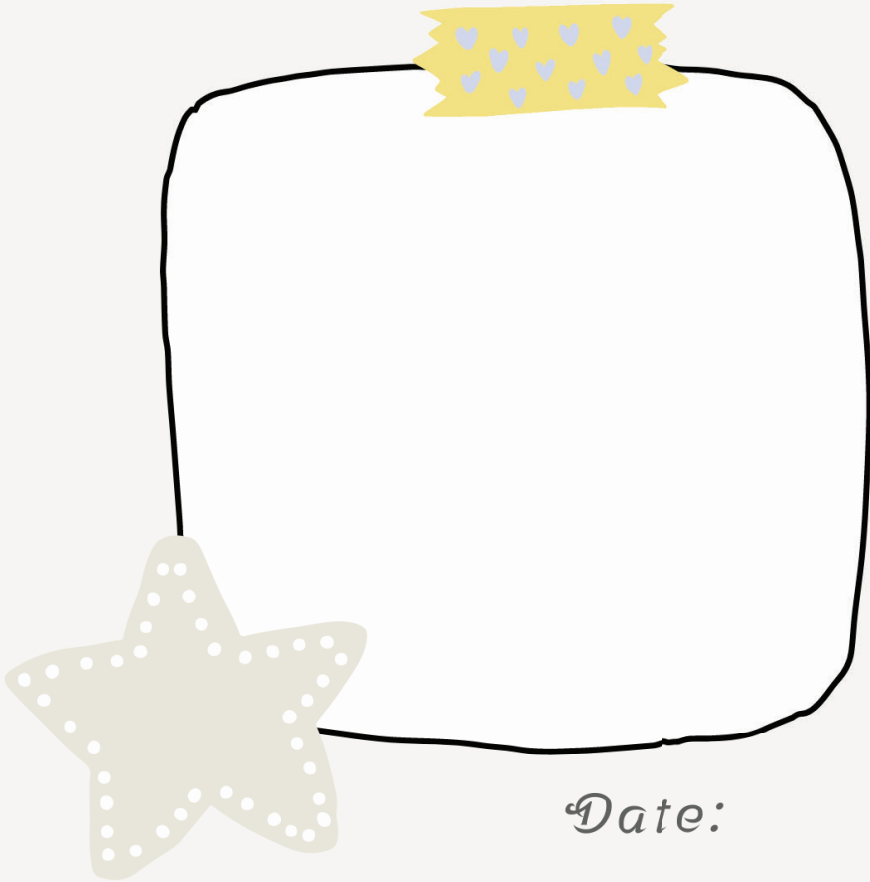
A good soother on the other hand, should weigh no more than 10 grams, and its sucking part should take up only a little space in the mouth. Ideally, a soother should also be symmetrical, flat, soft, and flexible. It is also important that its shaft is narrow enough to allow the child to close the lips while sucking.

FOR A GOOD START IN LIFE THE SOOTHER SIZE ZERO – PERFECTLY DIFFERENT

Developed by orthodontist Dr. Herbert Pick, this soother promotes and favours the natural growth of the jaw, palate, and teeth as well as the process of nasal breathing. Furthermore, it can help – starting at a certain age – correct any malposition of the jaw or the tongue.

Baby's

first gummy smile!



Date:



BIRTH TO BABY'S FIRST TOOTH



The size 0 soother satisfies the sucking needs in babies and is therefore an ideal companion from birth to approximately the baby's first birthday. After that, the baby's sucking needs decrease significantly. For some children, however, they still feel the need to self sooth with sucking, they can continue to use the size 0 soother or switch to size 1.

The ideal soother – Curaprox

- Supports breastfeeding and does not lead to nipple confusion. The special silicone sucking part creates the same pleasant sensation as a natural nipple and supports the swallowing process. Because it only stays in the mouth when the little one actively sucks, it trains the tongue and jaw muscles just like breastfeeding does.
- Promotes and favours the natural position of the tongue and optimal breathing as it respects the natural tongue function and the child's swallowing pattern. Thanks to its narrow shaft and flat, soft suction part, the tongue can be ideally positioned. While sucking, the baby's lips are almost entirely closed– supporting the development of the swallowing process and encouraging nasal breathing.

Unfortunately, most soothers have a round or cherry shaped mouthpiece that are too large and apply unfavourable pressure on the still soft upper jaw. This means that the upper jaw gives way, deforms, and eventually becomes narrower than the lower jaw. Orthodontic corrections often become necessary at a later stage to correct the child's bite, chewing function, teeth alignment and swallow pattern. All these factors also play a huge role in nasal breathing & speech.

Good news

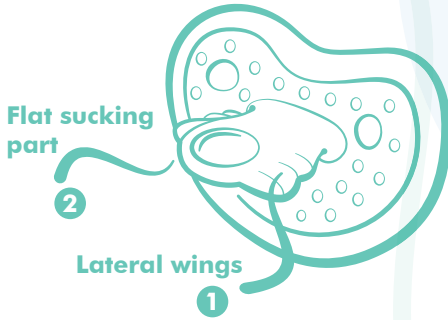
At the age of about 12 months, such negative changes can be actively counteracted with the Curaprox soother in sizes 1 and 2.

'The size zero soother can be offered to babies without hesitation and without fear of undesired side effects.'



Andrea Westermann
Paediatric dentist in Zurich
Mother of two children





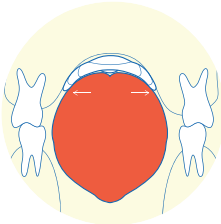
**Size 1
Correction
soother**



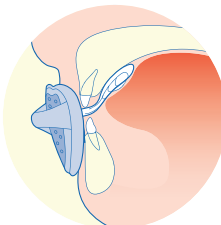
**Size 2
Correction
soother**



- 1 Lateral wings:** diverts the suction pressure to the right and left and not upward to the palate. The pressure is distributed evenly to the upper row of teeth which allows the upper jaw to grow in width. Further deformation is prevented.



- 2 Flat sucking part:** the tongue adopts its original place. The palate is relieved, and the mouth can be closed. All these factors favour nasal breathing.

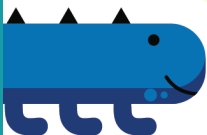


Crossbite

In this form of malocclusion (when the teeth are not aligned properly), the teeth are either closer to the cheek or closer to the tongue than their corresponding opposite teeth in the upper or lower row. Normally, the upper jaw is wider than the lower jaw. If the teeth are in a crossbite, it is exactly the opposite: The teeth of the upper jaw are too far inwards and the lower teeth are too far out.

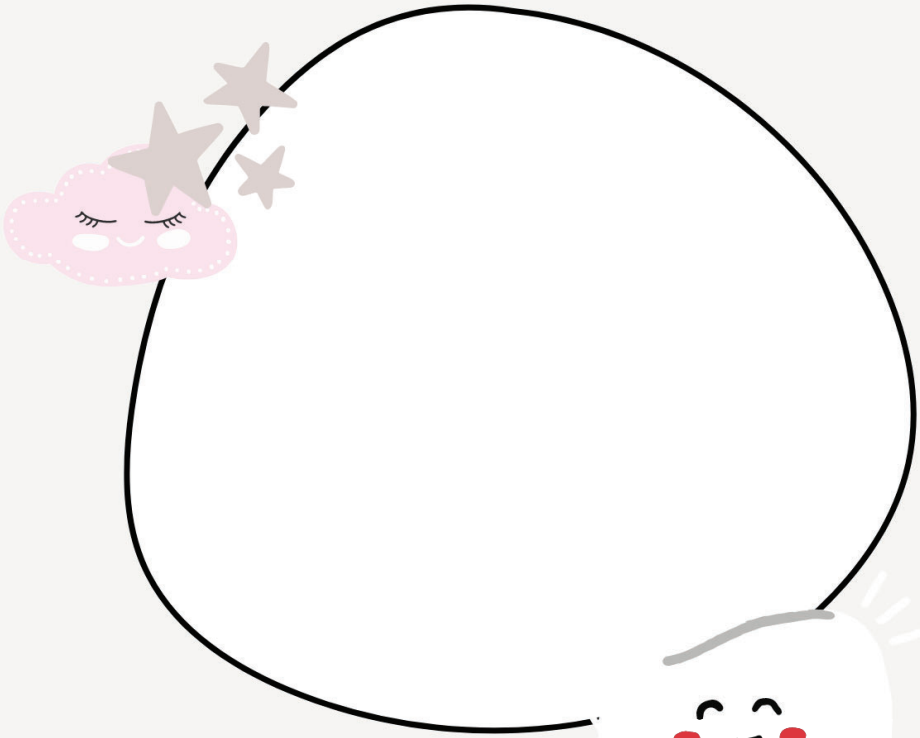
Open bite

This is a misalignment of the teeth where the front and back teeth do not meet when the child bites. There remains an opening.



Baby's

first little tooth pic!



Date:





LET'S TALK TEETHING RINGS!

Let's be honest: teething hurts!

The eruption of teeth can be a pretty painful affair and can challenge both baby and parents alike. Signs that your baby is teething may include, your baby seems a little less happy, excessive drooling & sometimes an upset tummy. Baby may also not be sleeping as well, have a raised temperature and tries to chew everything. Baby may be trying to soothe these symptoms by putting his/her fingers into the mouth, rubbing reddened cheeks, and/or rubbing ears – all of which relieves this discomfort.

So how can you help?

A teething ring can be your answer! For a teething baby a teething ring can be a great toy and tool in helping support & relieve teething pain.

The Curaprox teething ring promotes the child's sensory-motor development and prepares baby for actual tooth brushing later on.

Like all Curaprox baby products, this teething ring is biofunctional. It promotes ideal growth and child development in a completely natural way without side effects. Our teething ring fits baby's tiny hand nicely and rattles for sensory stimulation. The teether has different surfaces that can be explored as they massage the sensitive gums. Curaprox teething ring is available in three colours: pink, light blue and green.

LET'S TALK TEETHING RINGS!

Tips to ease teething:

- **Teething ring:** if possible, place in the refrigerator before offering it to the baby.
- **Make sure your baby drinks enough fluid**
- **Moisten a cotton cloth with water** and let the baby chew on it.
- Gently **massage the tooth line** or reddened cheek with your finger.
- **Use teething gels** to soothe & relieve tension and pain.



DENTAL CARE FOR BABIES AND TODDLERS - TIMELINE GUIDE

Most babies get their milk or baby teeth around the age of six to eight months.

Usually, the two lower incisors appear first.

At around the age of two and a half to three, the set of milk teeth is complete with a total of 20 teeth.

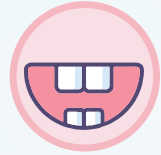
Please keep in mind that this is very individual. While some babies are already born with teeth that are visible, others do not have a single tooth yet by their first birthday. This is completely normal and there's no reason to worry. Each child's development has its own rhythm.



IMPORTANT

If your child is in severe pain, please discuss other options with your pediatrician.





Milk or baby teeth require good care, right from the start. Here are some reasons why:

- **Every sick tooth hurts.** This also applies to milk teeth.
- **Baby teeth are crucial for eating.** Chewing also promotes the development of the jaw.
- **Milk teeth are place markers/holders for permanent teeth.** If baby's milk teeth fall out prematurely or have to be extracted due to accidents or tooth decay (caries), the remaining teeth move closer together. The permanent teeth then grow at an angle or have too little space to properly erupt from the gum.
- **If milk teeth are affected by caries,** there is a high risk that bacteria will pass on to the permanent teeth and they will erupt with decay/caries.

Proper oral care begins even before the first tooth appears.

It's important because breast milk and milk formula contain sugar. By wiping baby's mouth, you significantly reduce the number of bacteria left on baby's gums. This procedure protects the milk teeth even if they are not yet visible.

Plus, it gets toddlers used to the daily ritual of tooth brushing at a very early age. Setting you up for success later on!



If possible, wipe baby's dental ridges with a damp cotton cloth or finger cloth immediately after a meal.

TENDER LOVING CARE FOR GUMS AND TEETH

Hooray, the first tooth has made its way out! Now it's time to brush. But please be gentle!

Curaprox have developed an ultra-soft toothbrush especially for babies and toddlers. Its compact head effortlessly reaches all areas of the mouth, ensuring every tooth is cleaned properly.

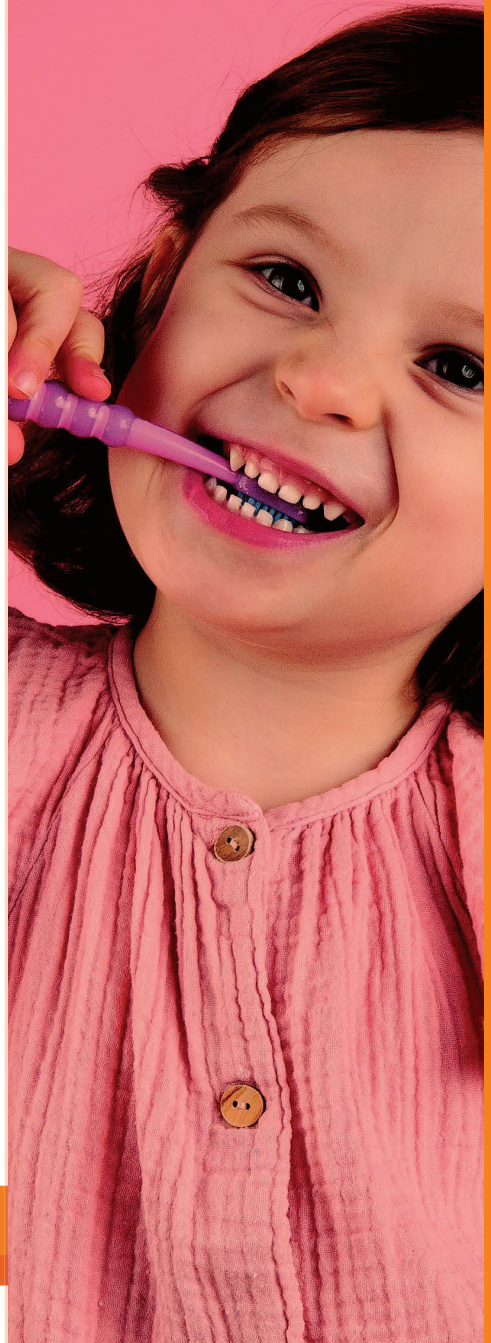


0-2
YEARS

twice a day

2+
YEARS

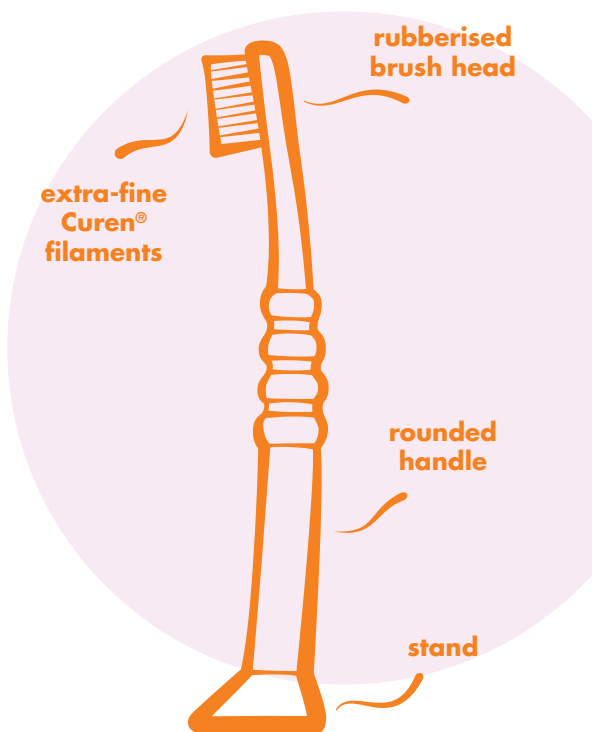
three times
a day



TENDER LOVING CARE FOR GUMS AND TEETH



- **Rubberised brush head** protects the sensitive oral mucosa.
- **4,260 gentle Curen® filaments** clean thoroughly and carefully.
- The **round handle with rubber rings** helps small hands to hold the brush correctly and to clean without pressure.
- Thanks to **the stand**, the brush dries without contact with bacteria.
- For **children from 0-4 years**, from the first tooth.
- **3 cheerful colours:** pink, blue, green.
- Developed and manufactured in **Switzerland**.



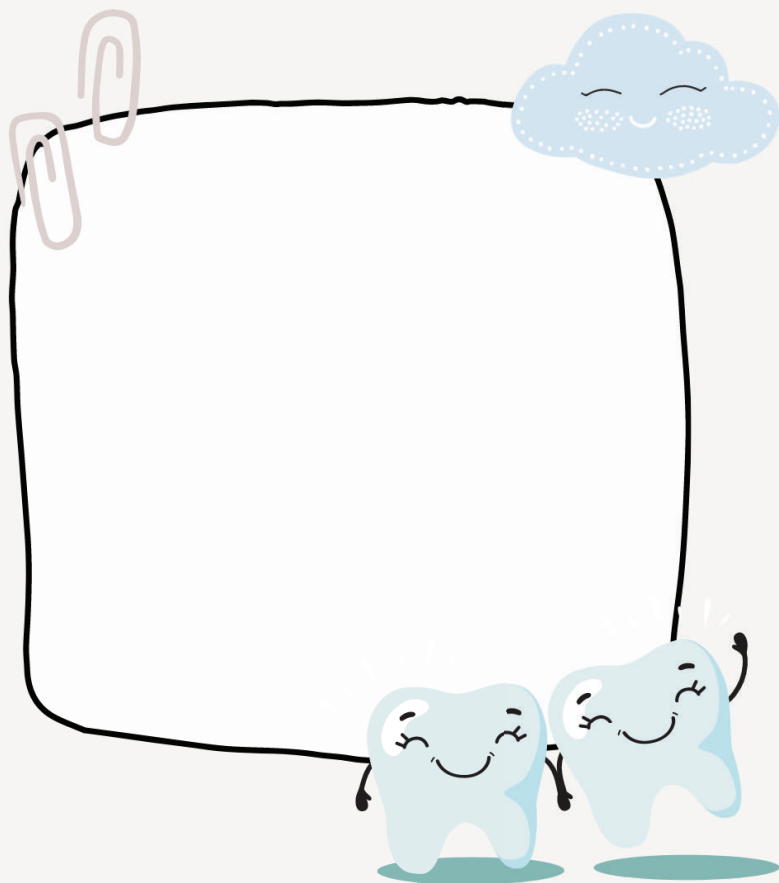
Did you know?

Baby teeth are more prone to cavities due to their structure. The enamel is thinner than that of permanent teeth and less mineralised. As a result, caries can quickly work up to the dentine (the second layer of the tooth) and even the tooth nerve. It may happen completely unnoticed. So, always take good care of the teeth. Baby teeth should be cleaned two to three times a day, on all sides – including the chewing surface, outer surface, and inner surface. Do it thoroughly and without pressure, preferably with a Curaprox toothbrush.



Look Mommy!

My first tooth fell out!



Date:



WHEN WE LOSE THAT FIRST MILK TOOTH - MAKING WAY FOR PERMANENT TEETH

KIDS TOOTHBRUSH

From ages 4 - 12 years old kids want the coolest toothbrush and toothpaste! The Curaprox Kids toothbrush is ideal. The funky colours will conquer their hearts and teeth and take the boring out of brushing! Suddenly, brush time is not nagging time! Bye caries, hello great oral health for life!

- **6 joyful colours.**
- **Comfortable octagonal handle** that fits well in small and larger hands.
- **5,500 extra-fine Curen® filaments**, each 0.09 mm in diameter.
- **More efficiency is almost not possible:** the Curen® filaments form a gentle, gapless, and dense cleaning surface.
- **Guaranteed free of harmful substances** such as bisphenol A (BPA), phthalates or azo dyes.
- Developed and manufactured in **Switzerland**.



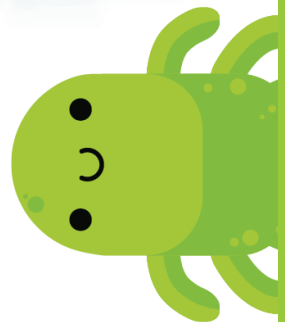
What's in it? Only absolutely necessary ingredients:

- **Fluoride** – With one exception.
- **Enzymes** – They support the saliva's natural protective function.
- **Xylitol** – aka birch sugar – has an anticaries (decay) effect.
- **Absolutely zero SLS, triclosan and microplastics**

TOOTHPASTE CURAPROX KIDS

**4 toothpastes, 3 flavours,
3 different levels of fluoride =
1 happy child**

Strawberry, watermelon, and mild mint. Sounds like a delicious dessert? Don't be fooled by these delicious flavours – because they pack a punch when it comes to efficacy! Thanks to different levels of fluoride – including one without any fluoride at all – they meet all needs from the first milk tooth to a full mouth of permanent teeth.





From the first tooth – for the very little ones

Strawberry-flavoured kids' toothpaste with 950 ppm fluoride. A pea-sized amount is enough for an optimal brushing result.

From the first tooth – for those who prefer to go without fluoride

Strawberry-flavoured kids' toothpaste without fluoride. The ideal amount of toothpaste is literally a pea-sized amount!

From 6 years – the cool junior generation

Kids toothpaste watermelon and mild mint flavour with 1,450ppm fluoride. The same amount of toothpaste, but more fluoride. Even when children are older, a pea-sized piece of toothpaste is enough.

Age	Curaprox toothpaste	Fluoride content	Frequency	Amount
0 – 2 years	Strawberry toothpaste	950 ppm	2 x daily	rice-grain-sized
2 – 6 years	Strawberry toothpaste	950 ppm	3 x daily	pea-sized
6 years and up	Mint toothpaste	1450 ppm	3 x daily	pea-sized
	Watermelon toothpaste	1450 ppm	3 x daily	pea-sized

*as recommended by the EAPD European Academy for Pediatric Dentistry) guidelines:
https://www.eapd.eu/uploads/files/EAPD_Fluoride_Guidelines_2019.pdf

I'm cool

My first visit to the dentist





NO MORE DRAMA, BABY!

USEFUL HELPERS

For parents, brushing their children's teeth three times a day, can be a stressful endeavour and a true challenge! Let's give you a few tips to make it easier. Yes, that's a promise.

Good brushing position

Children often fidget while we desperately try to brush each tooth. Using a headlamp is a great way to make it fun and increase your visibility!

The ideal position for you finding and brushing those teeth is when your child is lying down.

Use a fun video to encourage focus while you are brushing those little teeth. Scan the QR code for your free video - not only does it show your child how to brush but it's also 2 minutes long! Ideal for brushing teeth. Play and enjoy!

Attach a mirror

Children should be encouraged to brush on their own. Use a hand held mirror (so it's at eye level for them) to help them see what they are doing.

This helps them brush well, perfect the technique and imitate your movement more easily.



Set a good example

It's great when mummy or daddy set a good brushing example. Children love imitating – and actions speak louder than words.

Here are a few ideas:

Use fun toothbrushing videos

- Use a rewards chart to encourage brushing twice daily. Each time they brush they get to sticker a germ! We have included a rewards chart for you to use with your child.
- Give your little ones a choice of pre-selected and age-appropriate toothbrushes and flavours of toothpaste so that they feel they can choose their favourite flavour and colour.

Use music to distract them from the time they need to brush - time flies when you are having fun!



- Even cuddly toys brush: only those with clean teeth are allowed to go to bed.
- Use a facecloth over your hand like a hand puppet and get the puppet to look for bad bacteria or bugs in your child's mouth.
- Disclosing tablets are a fun way to reveal plaque in the mouth. These can be chewed and it shows your child where all the bugs are sitting. This gives them an opportunity to brush the disclosing colour away to reveal sparkling teeth!

Hello great oral care
and good-bye
toothbrushing drama!

Biofunctionality

Our baby products are biofunctional. They support healthy growth and favour the development of palate, jaw, and teeth. In addition, they support and promote both nasal breathing and an optimal swallowing pattern – without any negative side effects.



CURAPROX

 SWISS PREMIUM ORAL CARE

**shop
ONLINE**

www.curaprox.co.za

Use these discount codes!

CURAPROXKIDS2023

Gift with purchase: Buy any kids range product and receive a free Curaprox Kids book.

(Offer valid from 1 July - 30 September 2023)



CURAPROXBABY2023

20% off site-wide (any product)

(Offer valid from 1 July -
31 December 2023)

