

Pronamel for Children helps protect your child's precious enamel

Developed with dental experts to help provide daily protection against the effects of acidic foods and drinks

Daily fluoride toothpaste to help strengthen acid-softened enamel



Low abrasivity and a neutral pH level to be gentle on enamel

Formulated especially for children age 6-12 years with 1450 ppm fluoride

A gentle mint taste developed especially for children

Good dental habits

Your dental professional is the best person to identify any early signs of enamel damage.

Visit your dental professional every 6 months or as recommended

Every day:

- Brush for at least 2 minutes last thing at night and one other time during the day with a pea sized amount of toothpaste
- Choose a toothpaste which has 1350 - 1500 ppm fluoride for appropriate protection (check the ingredients on back of pack)



Take steps now to
**HELP PROTECT
YOUR CHILD'S
DENTAL ENAMEL**

Advice for diet and oral care

Your child's enamel could be at risk from acids in their diet

Did you know that acids in their diet could leave your child at risk of enamel damage?

The acids in foods such as oranges or apple juice can soften enamel, leaving it at risk of damage – this condition is known as erosive tooth wear.

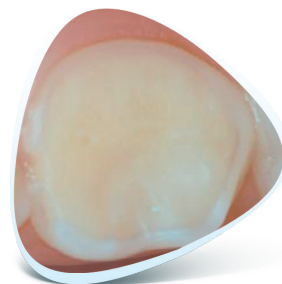
SIGNS OF DAMAGE INCLUDE:



Transparency in incisors



Lack of surface ridges



Erosive wear (cupping) on first permanent molars

**ONCE ENAMEL IS GONE,
IT'S GONE FOR GOOD**

Simple steps to help protect your child's enamel from erosive tooth wear

Diet

Many of the acids which can cause a problem come from your diet. It is important that healthy acidic foods are not avoided but they should be consumed with meals to limit any risks of damage to teeth. This includes things like:



Fizzy drinks (including diet ones)



Fizzy or sour sweets



Fruit juices and cordials



Dried fruit e.g. apricots and raisins



Acidic fruits including strawberries, apples and oranges

Aim for non-acidic healthy snacks between meals such as:



Yoghurt



Bread or crispbreads



Vegetables such as carrots or celery

**MAKE SURE YOUR 5 A
DAY ARE CONSUMED
WITH MEALS**

