

# VEGEMI

## ORAL HEALTH

### A CHILD'S ORAL HEALTH AND THE ROLE OF ADULTS

- ORAL HEALTH AFFECTS THE WELL-BEING OF THE WHOLE BODY.
- WHEN THE MOUTH IS HEALTHY, THE CHILD FEELS BETTER.
- THE CHILD LEARNS BY FOLLOWING ADULTS' EXAMPLE.
- CLEAR RULES AND BOUNDARIES GIVE THE CHILD A SENSE OF SECURITY.
- IT IS THE ADULT'S RESPONSIBILITY TO DECIDE WHEN AND WHAT THE CHILD EATS.
- THE CHILD CAN DECIDE HOW MUCH TO EAT.

### BRUSH YOUR TEETH

- BRUSH YOUR TEETH TWICE A DAY:
  - 2 MINUTES AFTER WAKING UP IN THE MORNING
  - 2 MINUTES IN THE EVENING AFTER EVENING SNACK
- USE TOOTHPASTE THAT CONTAINS FLUORIDE.
- AN ADULT SHOULD HELP THE CHILD WITH BRUSHING UNTIL AROUND 12 YEARS OLD.
- BRUSH YOUR TEETH TOGETHER!



### EAT REGULARLY

- EATING REGULARLY MEANS HAVING 5 MEALS A DAY: BREAKFAST, LUNCH, SNACK, DINNER, AND EVENING SNACK.
- TEETH CANNOT HANDLE CONSTANT EATING.
- DO NOT EAT FROM THE SAME SPOON AS YOUR CHILD.
- DO NOT GIVE FOOD TO YOUR CHILD FROM YOUR OWN MOUTH.
- DO NOT CLEAN A PACIFIER IN YOUR OWN MOUTH.

### CRUNCH ON VEGETABLES AND DRINK WATER

- TEETH LOVE VEGETABLES AND FRUITS!
- EAT, FOR EXAMPLE:
  - CARROTS, APPLES, CELERY
  - CHEESE & PLAIN YOGURT
  - WHOLE-GRAIN BREAD AND PORRIDGE
- WATER IS THE BEST DRINK FOR CHILDREN. MILK CAN ALSO BE A MEAL DRINK.
- WATER PROTECTS THE TEETH.
- AVOID SODAS, JUICE, AND SWEETENED YOGURT DRINKS.



VEGEMI IS A SMALL, FRIENDLY GUT BACTERIA THAT LIVES INSIDE YOU AND GETS SUPERPOWERS FROM VEGETABLES!

DRINK WATER!  
EAT VEGETABLES!  
BRUSH YOUR TEETH!



IN THE VEGEMI APP, YOU CAN EXPLORE DIFFERENT VEGETABLES AND FRUITS TOGETHER WITH YOUR CHILD IN A FUN AND EDUCATIONAL WAY!

THE APP IS INTENDED FOR PARENTS AS WELL AS CHILDREN OVER 4 YEARS OLD.



Download the free Vegemi app from the APP STORE or GOOGLE PLAY!

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