



With fluoride

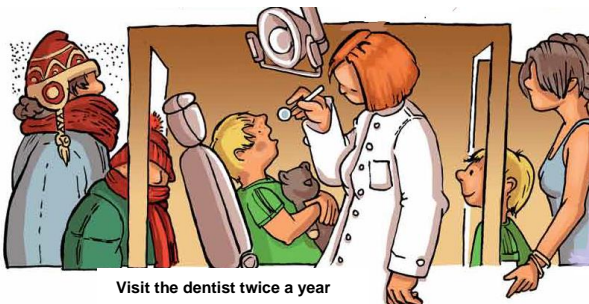


from 3 years



Twice daily

Parents do the final brush



Visit the dentist twice a year

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In cooperation with

Ministerium für
 Soziales, Gesundheit,
 Frauen und Familie

SAARLAND



(The Ministry for Social, Health, Women's and Family
 Affairs)

and



The Medical Association of
 Saarland
 - Dental Division -

Prevention of tooth decay in early childhood

Healthy teeth from the start



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Dear Parents,

A new life phase begins as soon as you find out you are pregnant. Responsibility for a new life is a big challenge. This leaflet aims to support you in this challenge so your child can grow up with healthy teeth from the start.

If you have any questions please feel free to speak to your dentist in confidence.

Your Medical
 Association of
 Saarland
 - Dental Division -

Your Ministry for
 Social, Health,
 Women's and Family
 Affairs
 SAARLAND

1. Nutrition

- Only give your child his or her **feeding bottle to quench thirst or to feed**, never leave him or her with the bottle to calm them or to fall asleep. Your midwife or your paediatrician would be happy to give you tips on how to settle your child to sleep.
- Do not use training bottles. As soon as your child can sit on his or her own (**at approximately 1 year of age**) he or she can learn to **drink from a cup**.
- **Avoid sugary food and drinks.** Fructose, glucose and lactose can also promote tooth decay. Use water or unsweetened fruit or herbal teas to quench thirst.
- **Chewy fruit and vegetables** are suitable snacks between meals.

Nutrition that **promotes healthy teeth** not only benefits your child's tooth health but also has a positive effect on his or her overall health and prevents excess weight ever becoming a problem. So be a **good role model** to your child and your whole family will have plenty of reasons to smile!



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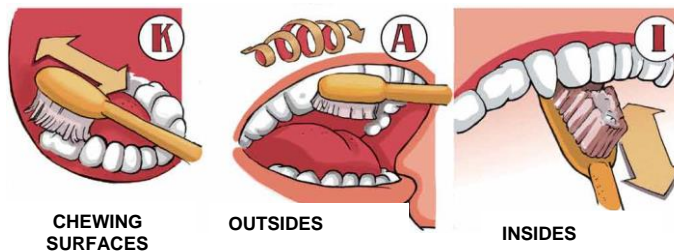
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2. Dental hygiene

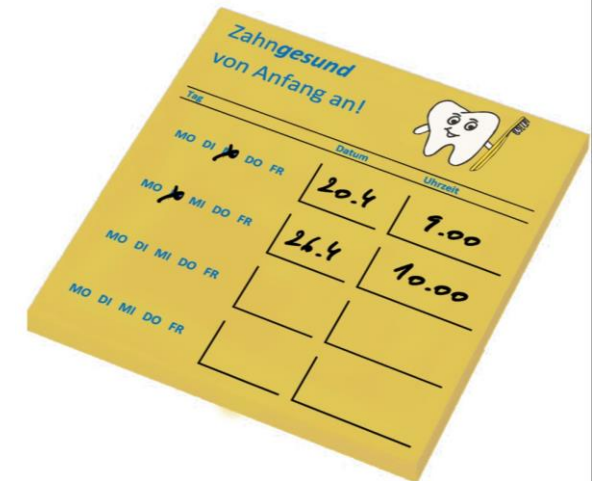
- Before any teeth appear you should massage your baby's gums carefully with a soft **finger brush**. A moderately cool teething ring can help with teething problems.
- The first visible point of your child's first tooth should be cleaned carefully once a day with a **cotton bud** and a **tiny spot of fluoridated children's toothpaste**. Sit your child down to do this, preferably on your lap.
- As soon as the first tooth is completely visible you should brush it once a day using a **soft baby toothbrush and a tiny spot of fluoridated (not too sweet or brightly coloured) children's toothpaste**.
- At approximately 18 months of age your child can be allowed to try brushing his or her own teeth but you should **do the final brush until your child turns 9 years old**.
- From your child's **second birthday** brush his or her teeth in the morning and in the evening with a **pea-sized** amount of fluoridated, not too sweet or brightly coloured **children's toothpaste and an age-appropriate toothbrush**.
- Brush your child's teeth in the following order: first the chewing surfaces, then the outside and finally the inside surfaces of the teeth.

TIP: Make tooth brushing into a **joint ritual** from the start by also allowing your child to play at brushing his or her own teeth



3. Regular visits to your dentist

- It should be a **matter of course for the whole family** to attend regular dental check-ups.
- You should be sure to attend the preventative check-ups already **during your pregnancy**.
- It is time for a first check-up appointment as soon as your child gets his or her **first milk tooth**.
- Your dentist will take a close look at everything, give you tips and answer any questions you may have.
- He or she will also tell you when to come for your next check-up.



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**What could be more beautiful than
the smile of a healthy child?
So be sure to plan regular appointments in good
time and maintain that smile!**