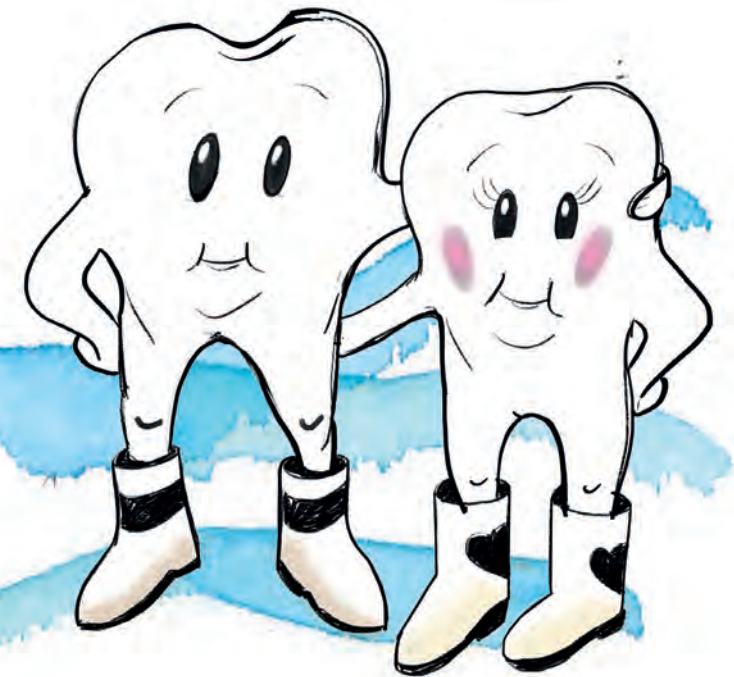


may be regularly applied to their teeth during these appointments to protect against cavities.

**Personal preventative checks are covered by statutory health insurance for 6 to 17 year olds.**

The dentist's cavity-prevention programme, the personal preventative checks, provides intensive care for 6 to 17 year olds.

**Parents should definitely take advantage of these personal preventative checks for their children.**



**We are always here to help**

We will be glad to assist with any questions.  
Your Dental Health Association

**Your local contact person:**

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# Dental health for children

Information for parents



Landesarbeitsgemeinschaft  
für Zahngesundheit  
Baden-Württemberg e.V.

## Dear children and parents

In most cases, healthy teeth are a gift from nature and need to be carefully looked after.

Parents who feed their children a balanced diet and **look after their children's teeth well right from the outset, are greatly helping keep their children's teeth healthy.**

Being a good role model yourself is very important for this.

**These are the key things to do:**

### Meticulous teeth cleaning

Clean teeth thoroughly on the inside, outside and top, morning, evening and after meals.

**Doing it together helps:**

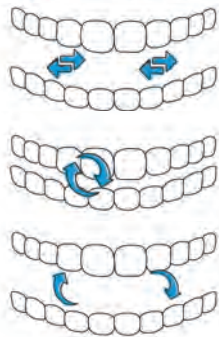
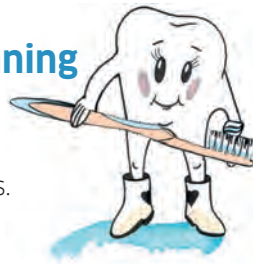
If kids see their parents and siblings brushing their teeth, they want to join in too!

**Your child will definitely need help brushing their teeth until the age of 8!**



Brush your child's teeth in the evening using toothpaste containing fluoride.

**That's the 'plus' factor that will keep your child's teeth healthy!**



## A tooth-friendly diet

Having a varied, balanced and chewing-intensive diet is important: raw **vegetables, fruit and wholegrain**



**products** should be made available as child-friendly snacks even between meals.

**Children should only drink water.**

Sweets and sugary drinks should be kept to a minimum.



## Using fluoride to protect against cavities

Toothpaste containing fluoride helps prevent cavities: **Teeth absorb the fluoride from the toothpaste during cleaning,**

**making them more robust.**

It has been proven that brushing teeth with toothpaste containing fluoride on a daily basis, can protect children

Fluorid

## Regular dental check-ups

**Your child should have regular check-ups every 6 months up until the age of 17.**



In addition to thorough examinations, the dentist will also advise and give you and your child information about oral hygiene. If required, fluoride varnish