



Brushing teeth in daycare is important.

Dear parents and guardians,

In Germany, more than 40% of 6- to 7-year-old first-graders have caries in their baby teeth after finishing daycare.

That is far too many children.

Healthy baby teeth are important for the healthy development of children. They

- are placeholders for the permanent teeth
- influence the position of jaw and teeth, the position of the tongue, and the development of the facial musculature and thus the formation of the face
- are indispensable for biting, chewing, and swallowing
- influence speech development
- influence the appearance of a person

Healthy and functional teeth promote one's own well-being, increase self-confidence and positive charisma.

With the help of their parents, children often learn healthy dental care from the first baby tooth. Regular tooth brushing after breakfast and in the evening before bedtime is part of the family routine for most children. **Clean teeth rarely become diseased.**

Many educators, childminders, and daycare providers support this health education by brushing teeth together with the children once a day. As a daily ritual, this does not replace dental care at home, but it does make brushing teeth a habit for children, like washing their hands.

In daycare centers, children brush their teeth together in small groups with a teacher. Each child has his or her own toothbrush. The younger children brush only with a wet brush, the older children with a small amount of toothpaste. The children learn to rinse their toothbrushes under running water after brushing and to put them back into their place. In addition, toothbrushes are changed regularly. Infectious diseases cannot be transmitted through toothbrushes. **Hygiene procedures are followed.**

The development of caries is a longer-term process. The disease is triggered by caries bacteria. Frequent sugar intake promotes excessive multiplication of caries pathogens. In smaller children, sugary drinks and juices that are imbibed repeatedly throughout the day can lead to the development of so-called teat-bottle caries.



Landesarbeitsgemeinschaft für Zahngesundheit Baden-Württemberg e.V.

Brushing teeth in daycare is important.

The providers, managers, educators, daycare mothers and fathers ritualize the daily brushing of teeth together in the daycare centers and daycare facilities to form a habit.

You, dear parents and guardians, want your child to develop healthily. Support our concern and promote the children's daily brushing of their teeth together with their educator in your daycare center. Our common goal is healthy teeth.

For this reason, prophylaxis advisors, dentists from the public health service, and dentists in private practice regularly visit the facilities. During these visits, children practice brushing their teeth in a playful way, their teeth are examined and, if necessary, further information is provided.

Further information can be found at your daycare facility or as a download at:

www.lagz-bw.de

- FAQs with detailed answers to questions about dental health promotion in early childhood for parents, guardians, and professionals
- Flyer for institutions
- Media list on the topic of children's dental and oral health

Join us for a carefree bright smile of your child.

UNTERSCHRIFT

Frau/Herr Mustermann
Position regionale Arbeitsgemeinschaft
Zahngesundheit Musterkreis

UNTERSCHRIFT

Frau/Herr Mustermann
Position regionale Arbeitsgemeinschaft
Zahngesundheit Musterkreis