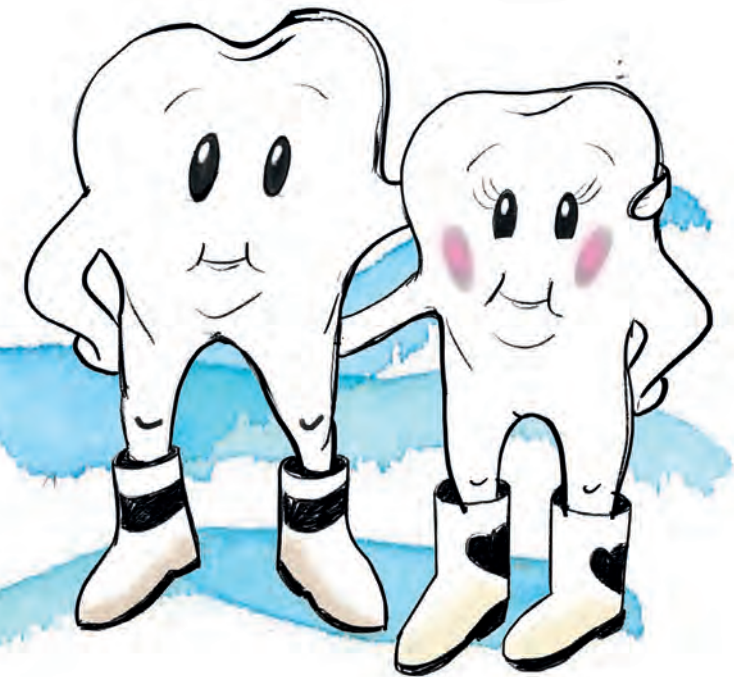


may be regularly applied to their teeth during these appointments to protect against cavities.

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:

**Landesarbeitsgemeinschaft für
Zahngesundheit Baden-Württemberg e.V.
[State Dental Health Association]**

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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:

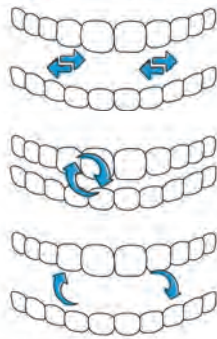
Meticulous teeth cleaning

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