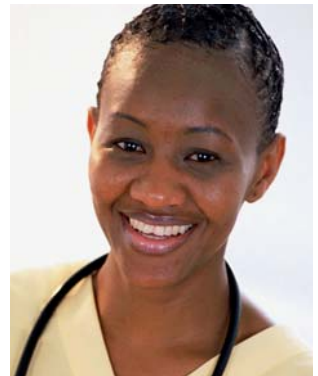


# HEALTHY TEETH for your child

Healthy teeth?  
It is important to remove plaque  
by brushing your teeth carefully.



## Healthy milk teeth are essential

- ... for linguistic/language development
- ... as a placeholder for permanent teeth
- ... to look pretty
- ... to avoid infecting permanent teeth with caries bacteria

## How does caries develop?

Sugar sticks as invisible plaque on your teeth. Bacteria turns to acid in your mouth which dissolves the tooth enamel. First you will only see tiny black spots, that can later turn into little holes. If larger holes develop, then the nerves in the teeth will be exposed and you will experience tooth ache.

(Converted) sugar and poor brushing are the main reasons for having caries. Flouridated toothpaste and salt help to prevent caries bacteria from developing on your teeth.

## Correct brushing

- ✓ 2 times a day, 2-3 minutes, especially before going to bed
- ✓ A pea-sized amount of toothpaste is enough
- ✓ Use toothpaste which contains flouride (check the age statement on the tube)
- ✓ It is essential to help with brushing until an age where your child can easily write and read



## Visit the dentist with your child when they are young!

- ✓ First visit: between the age of 3 or 4 the latest, afterwards 2 times a year
- ✓ A visit at the dentist is for (additional) insured people free of charge

# Healthy Diet

Less sugar -> less caries

...5 portions fruit & vegetables!  
...less sugar  
...less fat  
...less salt  
...less meat



1 bottle of icetea (500 ml) = about 13 cubes of sugar



1 fruit yoghurt (150 g) = about 8 cubes of sugar

## Beverages

Soft-Drinks like Icetea or Cola contain a lot of sugar. If your children drink it regularly, teeth will constantly soak in sugar and caries bacteria will propagate fast.

### Our tips:

- ✓ Normal tap water is the perfect thirst quencher
- ✓ Add water to your fruit juices (apple-, orange juice, etc.)
- ✓ Occasionally offer your children beverages with sugar and give them water to drink afterwards
- ✓ Permanent sucking at baby bottles / bottles is dangerous for your teeth



## Water is just the best for your teeth!

Taste takes some getting used to and parents are important role models regarding drinking and eating habits.

### Very important:

Only drink water after brushing in the evening and don't eat anything afterwards!

## Food

Sugar can be found in many products which you eat for breakfast and snacks. Have you ever checked the sugar content per 100g of Cornflakes, Crispies & Co.?! Cake, fruit-yoghurt, sweet bread spread, chocolate bars or ketchup contain a lot of sugar.

### Our tips:

- ✓ Treat your children with seasonal fruit and vegetables for breakfast and as a snack
- ✓ Mix fruit yoghurt with plain yoghurt to reduce the sugar content



100 g gummy bears = about 16 cubes of sugar

## Eating sweets

Sticky sweets like fruit chews, lollypops, chocolate bars etc. are especially dangerous for teeth.

### Our tips:

- ✓ Let your children try healthy alternatives like fruit (apples, berries) or unsalted nuts (starting from an age of 3-4 years) instead of eating sweets
- ✓ Tell your children deliberately „No“, if it is often asking for sweets
- ✓ Drink water after eating sweets