

Healthy teeth

in childhood - 8 questions and 8 answers

A daily tooth care routine, a healthy diet and a good cooperation with dentists and dental health educators are the main pillars of dental health.



1. Teethbrushing?

Brush your teeth 2 to 3 times a day.

If you had fruits or juice in the morning, brush before breakfast, otherwise after it; in the evening brush before you go to bed.

2. Brushing - how long?

Brush your teeth 2 to 3 minutes.

First the chewing surface, then the inside and the outer face and finally the rear surface of the back teeth.

3. How to brush?

From red (gum) to white (tooth)

Don't brush too intensively, as this leads to damaged enamel and tooth sensitivity.

4. Toothpaste?

Dose: pea-sized

Fluoride concentration:

Until the age of 2: 500 ppm fluoride

From 2 to 6 years: 1.000 ppm fluoride

From the age of 6 : 1.450 ppm fluoride

No Toothpaste with whitening action:

It damages the enamel.



5. Toothbrush?

Hardness degree: medium hard or soft

Bristles: bunched, synthetic fibres

Size of the head: 2 – 2.5 cm

Storage: open for drying

Electric toothbrush: higher cleaning effectiveness

Replacement: after 8 weeks at the latest and after an infectious disease

6. Dental floss?

Dental floss reduces the occurrence of caries in the space between the teeth.

To avoid injuries of the gum, parents should apply the dental floss to their kids until the age of 10.

7. Chewing gum?

Chewing sugar free chewing gum **stimulates the production of saliva, which is good.**

8. Dental check?

First dental check around the first birthday.

Thereafter, check regularly at least once a year.

Source: Dr. Laurenz Maresch, based on recommendations of the supreme advisory body of the federal ministry for health