

Info on the Children's Dental Pass - English

It's never too early to visit the dentist!

Even the very little ones are welcome in a dental practice. Optimal oral health and the proper alignment of the teeth and jaws are important for the overall development of your child.

The time periods on the cover page of the Children's Dental Pass remind you to book regular check-ups at the dentist for your child which are **free of charge!**

These early detection examinations include:

- **Inspection of the oral cavity** of the child
- **Nutrition and oral hygiene advice** (especially on the use of feeding bottles)
- Education about the causes of **diseases in the mouth**
- Information on the use of **fluoridation agents** such as children's toothpaste



Dental care during pregnancy (p. 4)

- Particularly thorough and regular oral hygiene is especially important. We would recommend a visit to your dentist for a **professional teeth cleaning** (PTC).

Protecting your child from caries (p. 6)

- Avoid feeding bottles where possible!
- Babies should drink **water or unsweetened herbal teas**
- The bacteria in the oral cavity that are responsible for caries feed on sugar, so please note the following:
 - It is not the amount of sugar that is important, but how often sugar is consumed and how long it remains in the mouth.
 - It is better to allow snacking on a larger portion of sweets after a meal than permitting snacking on small portions several times a day. Don't ban sweets completely as this may well increase the appeal!
 - There are **tooth-friendly sweets** (identifiable by the symbol of a little tooth man with an umbrella) that are less harmful to the teeth.
 - Offer your child fruit and vegetables to nibble on between meals.



Wean off sucking in good time (p. 12)

- From the age of three at the latest, sucking the thumb, on a dummy, a teat or a comforter should be discontinued.
- Sucking leads to constant pressure which in turn can result in a protruding upper jaw or an open bite where the teeth do not touch. As a further consequence, speech development may be impaired and problems with biting or swallowing may develop.

Fluoride strengthens the tooth enamel (p. 8)

- **Fluoride strengthens the tooth enamel!** Fluoride reinforcing the enamel from the outside is more effective than fluoride tablets.
- Recommendations on fluoride concentration in children's toothpastes*.



Age	Fluoride concentration	Frequency of use	Quantity
From the eruption of the first tooth until age 2	500 ppm or 1000 ppm	2 times daily	pea-sized the size of a grain of rice
From age 2 until age 6	1000 ppm	2 times daily	pea-sized
From age 6	1400 ppm	2 times daily	pea-sized

* German Society for Paediatric Dentistry (DGKiZ), German Society for Dental Conservation (DGZ), German Society for Preventive Dentistry (DGPZM), Federal Association of Dentists in the Public Health Service (BZÖG) and the Federal Dental Association (BZÄK).

Healthy milk teeth are important - brush better together (p. 10/14)

- Your child will keep some milk teeth until they are 11 years old. They serve as **placeholders for the permanent teeth**. If milk teeth are lost prematurely, this often leads to malocclusions of the permanent teeth. Caries bacteria on milk teeth can also damage the permanent teeth.
- Be a role model for your child and **brush** your teeth with them **twice a day** after breakfast and before going to bed using the KAI technique (chewing surfaces, outer surfaces, inner surfaces).
- Children are allowed to brush their teeth themselves, but up to about eight years of age the parents should clean thoroughly afterwards.



The first new ones are coming (p. 8)

- From the age of 5 or 6, the first "wobbly teeth" can be observed. The incisors usually fall out first.
- At the same time, the first permanent molars come in behind the milk molar teeth. These often have deep fissures that are particularly prone to caries.
 - Sealing these areas with thin plastic provides additional protection (**fissure sealing**).
- **Children between 6-17 years of age who are insured by the statutory health insurance are entitled to dental individual prophylaxis (IP) services. These include fissure sealing, tooth brushing training and fluoridation. These measures are free of charge!**