

# KAI\*



## Chewing surfaces

To and fro, to and fro, cleaning your teeth is easy!



## Outer surfaces

Round and round from pink to white, we brush the outer surfaces in circles!



## Inner surfaces

Brush them out, brush them out, get rid of all those bits!

## Tips for healthy milk teeth

- As from the first milk tooth: clean teeth 2x daily at home, mornings and evenings
- As from the age of 2 years: clean teeth one extra time at daycare
- As from the age of 6 months: visit the dentist twice a year for a check-up
- Eat plenty of fresh fruit and vegetables
- Don't eat too many sugary foods
- Drink mainly water and unsweetened teas
- Drink from a cup or beaker
- Use a toothpaste designed for children with fluoride and fluoridated table salt



## Addresses

The easiest way to find a dentist in your area is to use the Berlin Chamber of Dentists' database: [www.kzv-berlin.de/fuer-patienten/zahnartzsuche](http://www.kzv-berlin.de/fuer-patienten/zahnartzsuche)

Advice on dental issues is available from the district dental services (ZÄD):

- Charlottenburg-Wilmersdorf, Tel. 9029-16233
- Friedrichshain-Kreuzberg, Tel. 90298-8317 and -2731
- Lichtenberg, Tel. 90296-7614
- Marzahn-Hellersdorf, Tel. 90293-3716
- Mitte, Tel. 9018-45189 and 9018-45192
- Neukölln, Tel. 90239-3490
- Pankow, Tel. 90295-2875
- Reinickendorf, Tel. 90294-5173 and 90294-5174
- Spandau, Tel. 90279-2453
- Steglitz-Zehlendorf, Tel. 90299-3607
- Tempelhof-Schöneberg, Tel. 90277-6520
- Treptow-Köpenick, Tel. 90297-4005

The Landesarbeitsgemeinschaft Berlin zur Verhütung von Zahnerkrankungen (Gruppenprophylaxe) e. V. (LAG) will be happy to answer any questions you may have about dental health Tel. 36 40 66 00, [www.lag-berlin.de](http://www.lag-berlin.de)

With friendly support by: Bundesverband der Zahnärzte des Öffentlichen Gesundheitsdienstes e. V. (BZÖG), Berlin School of Public Health at the Charité (BSPH), Landesarbeitsgemeinschaft Berlin zur Verhütung von Zahnerkrankungen (Gruppenprophylaxe) e. V. (LAG Berlin)



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Englisch

## A BRIGHT, BEAUTIFUL CHILD'S SMILE

### Healthy milk teeth need taking care of!

**BERLIN**



\* KAI comes from the first letters of the German words for chewing surface (K), outer surface (A) and inner surface (I)

## Dear Parents,

Healthy milk teeth are important for your child:

- to chew their food
- for speech development
- to keep enough space for their adult teeth.

Milk teeth are particularly susceptible to caries because the enamel is very soft. Dental plaque consists of bacteria that accumulate on the surface of the tooth. These bacteria convert sugary and carbohydrate-based food and drinks into acid, which attacks tooth enamel. Brushing teeth removes food residues and plaque and thus prevents tooth decay.

Unhealthy milk teeth can be very painful, which is another reason why it is important to ensure that your child has good dental hygiene. Your child will not only have healthy teeth, but also keep their radiant smile!



## The Dentist

From the age of about 6 months, you should take your child to see your dentist twice a year. There, the start of any tooth damage can be detected and treated at an early stage.

Dental practices also offer the Berlin Children's Dental Passport, which shows you when you should take your child for preventive care and check-ups.

Those with statutory health insurance aged between 6 and 33 months are entitled to a total of three screening examinations, known as FU.

- 1st FU from 6 to 9 months of age**
- 2nd FU from 10 to 20 months of age**
- 3rd FU from 21 to 33 months of age**



## Cleaning Teeth

### Up to their 2nd birthday:

Clean your child's teeth twice a day with a rice grainsized amount of fluoridated children's toothpaste (1000 ppm fluoride) in the morning and evening. Vitamin D is prescribed by the paediatrician.

### After their 2nd birthday

Clean your child's teeth twice a day with a pea-sized amount of fluoridated children's toothpaste (1000 ppm fluoride) in the morning and evening.

For toddlers, you will have to do the brushing yourself; for older children, continue cleaning their teeth in the evening until your child has developed proper hand-writing skills.

**This is how milk teeth stay healthy!**



## A Healthy Diet

Make sure your child eats and drinks healthily.

- Breast milk is the best nutrition for very little ones.
- As children get older, make sure they have a low sugar, healthy diet with lots of fruit, vegetables and wholegrain bread.
- Tap water, mineral water or unsweetened tea should be the first choices for drinks.
- Stop using a bottle as soon as your child is able to hold a cup.
- Fluoride helps to strengthen children's milk teeth.
- You can use fluoridated table salt when cooking.

