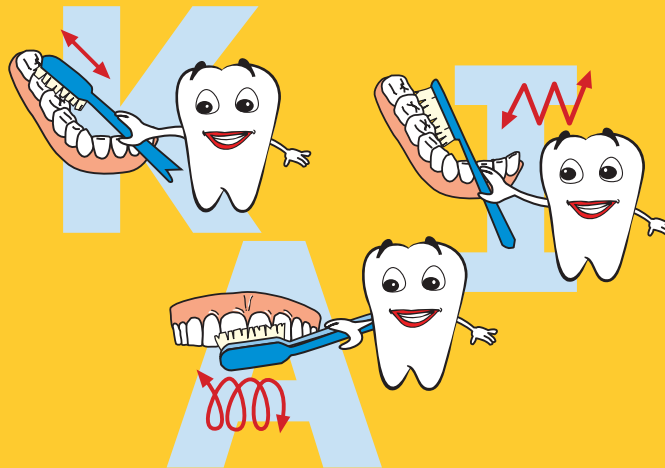


Dear Parents,

You child is attending a "tooth-friendly daycare" where the care staff, teachers and the kitchen team are all working to make sure your child grows up in the best environment for good dental development.

We, as members of the Dental Service Team, would like to ask you to support the measures implemented in the daycare centre to ensure proper dental health by doing your bit at home, too.

Thank you!
Your Dental Service Team



*...and the
parents are
helping too!*



Landesarbeitsgemeinschaft Berlin zur Verhütung
von Zahnerkrankungen (Gruppenprophylaxe) e.V.

Die Gruppenprophylaxe im Land Berlin wird durch die gleichberechtigten Mitglieder der Landesarbeitsgemeinschaft Berlin zur Verhütung von Zahnerkrankungen e.V. (LAG) gefördert. Dies sind die gesetzlichen Krankenkassenverbände, die Zahnärztekammer Berlin und das Land Berlin vertreten durch die für das Gesundheitswesen zuständige Senatsverwaltung und die zwölf Berliner Bezirksämter. Umgesetzt wird die Gruppenprophylaxe gleichermaßen von den Zahnärztlichen Diensten der Bezirke und den Mitarbeitern und Mitarbeiterinnen der LAG.

Looking after teeth

Dental care starts with the appearance of the very first tooth. Until your child's 2nd birthday, you should brush his/her teeth

1x daily each evening before bed using a high-fluoride children's toothpaste. From the 2nd birthday, teeth

should be brushed 2x daily, in the morning after

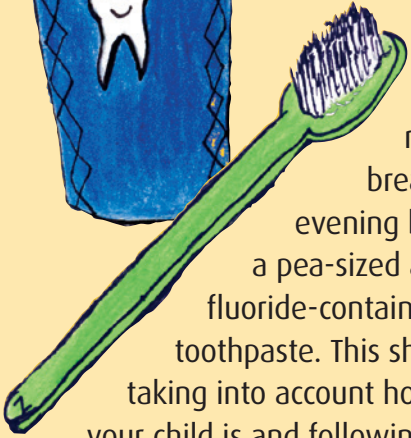
breakfast and in the evening before bed, with a pea-sized amount of

fluoride-containing children's toothpaste. This should be done

taking into account how developed

your child is and following the systematic tooth-cleaning method: chewing surfaces, outer edges, inner edges (Bass technique).

Please do help and support your child when brushing their teeth until they have well-developed writing skills with a pencil.



Bottles

Do not leave your child to suck on bottles for long periods of time or to fall asleep with.

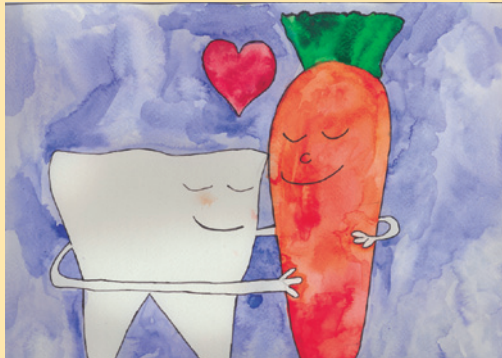
Try to replace bottles with sippy cups as early on as possible. These are also not to be left to be sucked on for long periods of time and should in turn be replaced by cups/mugs as soon as possible.

Sweet teas, fruit juices and other sweet or sour drinks can quickly damage milk teeth. When thirsty, and before sleeping, try to stick with mineral water and unsweetened teas. Try to avoid giving your child drinks at night time.

Sugar-free morning

Try to implement "sugar-free mornings" in your home too: this includes avoiding sweets and offering unsweetened drinks in addition to fruit and vegetable-based snacks.

For your child's breakfast at the daycare centre, try to prepare something that varies



from day to day, that requires a lot of chewing, and that contains no sugar. Don't give your child sweets to take in to daycare, with the exception of birthdays, of course!

Dummies/pacifiers

Support your child in giving up dummy/pacifier sucking habits by the 3rd birthday at the latest to allow the milk teeth grow straight. With healthy milk teeth, children don't just have beautiful smiles, but also learn to speak effortlessly whilst also having the best chances of not suffering from dental caries (tooth decay). Good dental care and preventative treatment really pay off in later life. Go for an appointment with your family dentist and be sure to take your child to their twice-yearly check-ups.

The Dental Service Team from the public health authority would also be delighted to answer your questions.

