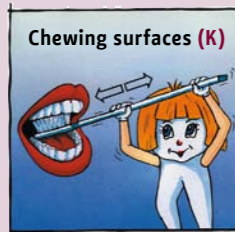
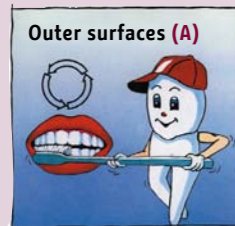


KAI



To and fro, to and fro,
teeth brushing is fun!



Round and round
from red to white!



Get out the crumbs
and get rid of them!

Hints for preserving healthy milk teeth

- from the appearance of the first milk tooth: tooth brushing once in the evening
- from the 2nd year: tooth brushing twice a day (morning and evening)
- from the 6th month: dental checkup in a dentist's office twice a year
- eating lots of fruit and vegetables
- eating little food containing sugar
- prefer drinking water and unsweetened tea
- drinking beverages from a cup
- use children's toothpaste containing fluoride and fluoridated table salt

Addresses

- You can most easily find a dentist near your home by checking the data bank of the Berlin Dentists' Association: www.zaek-berlin.de/zahnarztsuche
- Counselling on dental issues is provided by the *Dentist Service Centers of the Berlin districts (ZÄD)*:
Charlottenburg-Wilmersdorf, Tel 9029-16233
Friedrichshain-Kreuzberg, Tel 90298-8317
Lichtenberg, Tel 90296-7614
Marzahn-Hellersdorf, Tel 90293-3716
Mitte, Tel 9018-45193 and 9018-33219
Neukölln, Tel 684 085 97-31 and 684 085 97-32
Pankow, Tel 90295-2875
Reinickendorf, Tel 90294-5173 and 90294-5174
Spandau, Tel 90279-2617
Steglitz-Zehlendorf, Tel 90299-3607
Tempelhof-Schöneberg, Tel 90277-6520
Treptow-Köpenick, Tel 90297-4005
- You may obtain information on any issues concerning healthy teeth from the state Working Group for the Prevention of dental diseases (LAG Berlin) Tel 36 40 66 00, www.lag-berlin.de

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

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für Gesundheit und Soziales

be  Berlin

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Senatsverwaltung
für Gesundheit und Soziales

be  Berlin



A shining and beautiful smile
of a child
Healthy milk teeth need care!

Tooth brushing



Dear parents,

Healthy milk teeth are important for your child:

- for chewing food
- for language development
- for keeping spaces for the upcoming permanent teeth.

Milk teeth are particularly susceptible to tooth decay, as their enamel is very soft. Tooth plaque consists of bacteria accumulating on the tooth surface. These bacteria transform food and beverages containing sugar and carbohydrates to acid which attacks the enamel. Teeth brushing helps to remove food leftovers and plaque and thus to prevent tooth decay.

Sick milk teeth may cause severe pain. Therefore, it is important for you to ensure good dental care for your child. In this case, your child will not only preserve its healthy teeth but its shining smile as well!



As soon as the first milk teeth appear, you may start to brush them once every day, preferably in the evening.

From the second birthday on, clean your child's teeth twice a day – in the morning and the evening – using children's toothpaste containing fluoride.

As long as your child is a baby, you shall clean its teeth. Older children up to early school-age can clean their teeth by themselves, but you ought to check and complete their teeth brushing.

This will keep milk teeth healthy!



Dentist's checkup

From the 6th month on, you should have a dentist check your child's teeth twice a year. The dentist can detect and treat tooth damages at an early stage.

Now, dentists have been provided with the Berlin Teeth Passport which lets you know when to see the dentist for checkups of your child's teeth.



Healthy nutrition

Make sure that your child **eats and drinks healthy food** and beverages.

- Breast milk is the best nutrition for small babies.
- Make sure that older children eat healthy food containing no or little sugar such as fruit, vegetables and wholemeal bread.
- Preferred thirst quenchers are drinking and mineral water or unsweetened tea.
- As soon as your child can hold a cup, you should do without the baby's bottle.
- Fluoride helps to keep your child's milk teeth strong.
- When preparing meals, you may use fluoridated table salt.

