

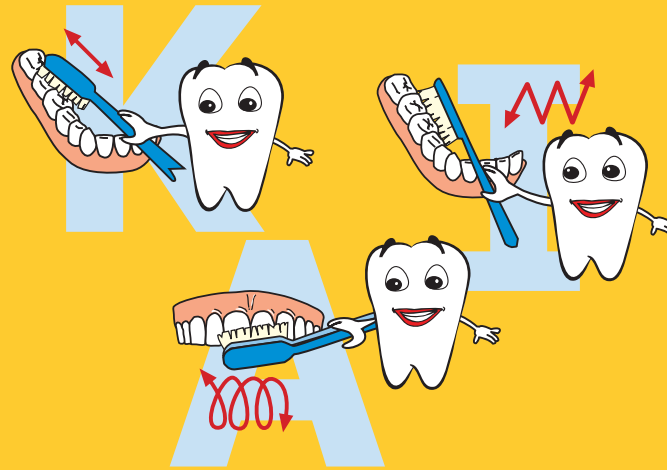
Dear Parents,

Your child attends a „Kita mit Biss“ where educators and the kitchen team ensure that your child can grow up in an environment that promotes oral health.

We, the dental service team, would like to ask you to support the measures taken by our daycare centre to promote your child's oral health, and to practise them at home.

Thank you!

The dental service team



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Die Gruppenprophylaxe im Rhein-Kreis Neuss wird gefördert durch die gesetzlichen Krankenkassen im Rhein-Kreis Neuss, der Zahnärztekammer Nordrhein und der Kassenzahnärztlichen Vereinigung Nordrhein.

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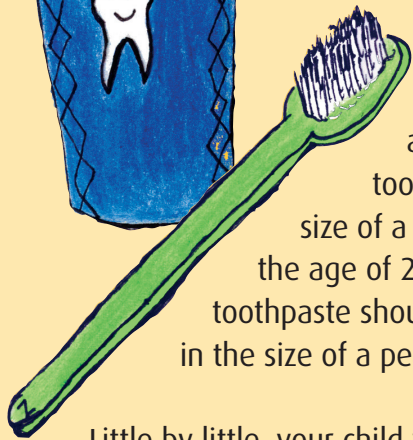
*...and the
parents are
helping too!*

Dental Care

Dental care at home starts with the very first tooth. Brush your teeth together with your child twice a day with a toothpaste for children containing fluorid, in the morning after breakfast and in the evening before bed.

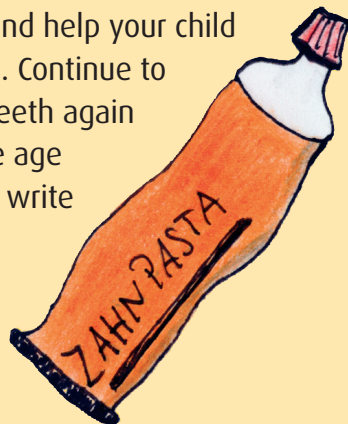


Up to the age of 2 use an amount of toothpaste in the size of a grain of rice. From the age of 2 upwards, the toothpaste should be dispensed in the size of a pea.



Little by little, your child will learn to brush their teeth more and more on their own using the „KAI“ brushing system (chewing surfaces, outer surfaces, inner surfaces).

Please encourage and help your child to brush their teeth. Continue to brush your child's teeth again afterwards until the age when they learn to write fluently.



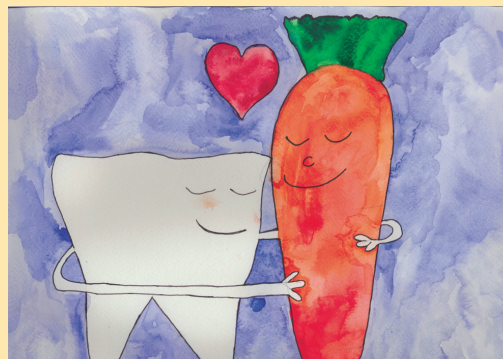
Bottles

Do not allow your child to constantly suckle on their baby bottle or fall asleep with the bottle in their mouth. These are not meant for continuous use either and should soon be replaced by a cup.

Sweet and sour drinks damage milk teeth quickly. Give your child water or unsweetened tea if they are thirsty. Try to avoid giving your child drinks at night.

Sugar-free morning

Introduce sugar-free mornings at home too: this includes avoiding sweets and offering unsweetened drinks and fruit and vegetable snacks. Prepare your child's breakfast for the daycare centre. Make it varied, chewy and sugar-free. Do not give your child sweets for breakfast. If its their birthday, you can make an exception.



Pacifiers

Support your child in giving up pacifiers sucking habits by their 3rd birthday at the latest. This will allow their teeth to grow straight. Healthy milk teeth not only give children a beautiful smile, they also learn to talk effortlessly whilst also having the best chances of not suffering from dental caries (tooth decay). Good dental care and prevention also pay off later in life.

Seek advice from your family dentist and take your child for a check-up twice a year.

The dental service team will also be happy to answer any questions you may have.

