



**Dear Parents,**

**Caries is preventable if some easy rules are applied:**



Make sure your child brushes its teeth **regularly** – at least twice a day. We recommend toothpaste for children during the Kindergarten age and toothpaste for grownups starting at school age.



Until the end of 4th grade you should **supervise** and **brush** the child's teeth **again** especially in the evenings.



A sugar free forenoon is recommended. In the afternoons sweets, including sweet drinks, should be offered to a lesser extent.



Take your child to dental control **twice a year** and use the offer of your dentist to help prevent and control caries.



Ask your dentist for suitable **fluoridation** (measures which hardens the enamel)

We are happy to support and advise you!

With kind regards

Your Team Zahnärztlicher Dienst und Jugendzahnpflege