

Keeping teeth healthy is child's play!



6 tips to keep your children's teeth healthy

- 1** — **Eat and drink no more than seven times** per day.
- 2** — Have them brush with **fluoride toothpaste** when their first tooth comes through.
- 3** — **In the evening**, give them **no food or drinks** besides water **after brushing**.
- 4** — Take your child to the **dentist** from the moment the first tooth comes through.
- 5** — Make sure they brush **2 x** a day for **2 minutes**, and always help them **until they are 10**.
- 6** — **Do not give bottles of juice, concentrated fruit juice, or lemonade** to small children. Water is always allowed!

DID YOU KNOW that the basic health insurance covers dentistry costs for children up to the age of 18? No excess applies to this!