

CHILDREN'S DENTAL PASSPORT

First name

Surname

Date of birth

FU1a 6 - 9 months of age appointment

FU1b 10 - 20 months of age appointment

FU1c 21 - 33 months of age appointment

FU2 34 - 72 months of age appointment

6 years of age appointment

6½ years of age appointment

7 years of age appointment

7½ years of age appointment

8 years of age appointment

8½ years of age appointment

9 years of age appointment

9½ years of age appointment

10 years of age appointment



DEAR PARENTS,

At every age, it is important – both for your general health and your overall well-being – to have your teeth checked by a dentist and to maintain regular oral hygiene at home.

Good oral hygiene can have a positive effect on the ability of your child to eat, sleep, talk and play – even as an infant. Healthy habits therefore form the foundation for a healthy life.

In the following pages, you will find tips and information on how to support the health of your child's teeth and mouth in every phase of life, from the first tiny baby tooth to the permanent teeth.

Having a dental check-up twice a year, starting from the budding of the first baby teeth, helps ensure that your child will be greeted by a joyful smile in the mirror. The dental professionals of Baden-Württemberg are proud to support you in this.

Here you can stick a picture of your child

	Kinderarzt/ärztin	Zahnarzt/ärztin	Kieferorthopäde/in
Name			
Adresse			
Tel. Nr.			

AT A GLANCE ...



Were there any special circumstances during pregnancy (illnesses, medications taken)?

Birth Premature birth (before 36th week) Normal birth Caesarian section

Birth weight _____ Length _____

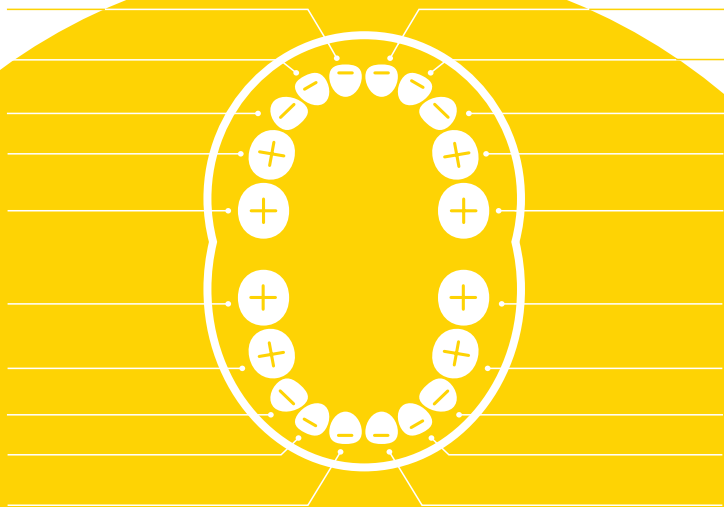
Special circumstances/illnesses/hospital admissions during infancy

Allergies/intolerances _____

Heart disease record card/endocarditis prophylaxis necessary _____

Diabetes yes no

Asthma yes no



Children generally have 20 teeth – 10 in the upper and lower jaws respectively. Usually, the middle lower incisors break through first, followed by the those in the upper jaw.



THE FIRST TOOTH BREAKS THROUGH

This is the optimal time to start with dental care: to do so, use an age-appropriate toothbrush and arrange the initial dental check-up FU1a. During this check-up, all of your questions on oral and tooth health will be answered and your child's tooth budding and bite development will be examined.

FU1a (6 to 9 months of age)

(underline applicable items)

appointment: _____

Parents clean child's teeth

Child receives vitamin D/vitamin D combined with fluoride

Toothpaste containing fluoride used (1,000 ppm)

Child is breastfed/bottle fed

Child already drinks from an open cup

Child drinks breast milk/follow-on formula/water/other _____

Child receives solid food

Sucking habit (thumb/dummy)

Child takes medication _____





ZAHNSTATUS

(Your dentist enters their findings here)

V	IV	III	II	I	I	II	III	IV	V
V	IV	III	II	I	I	II	III	IV	V

Kariesrisiko

ja nein

falls ja, Wiedervorstellung
in drei Monaten

Fluoridlackapplikation erfolgt (< 0,25 ml)

ja nein

Behandlungsbedarf

ja Bemerkung _____

Nächster Termin/Next appointment

Young children have an elevated risk of cavities if

- initially carious and/or carious lesions are present
- the baby teeth show structural disorders of the enamel
- parents do not clean the baby teeth
- sweet drinks are given by bottle over the course of the day and/or during the night

If initially carious and/or carious lesions and/or baby teeth with structural disorders of the enamel are present, a local application of fluoride varnish (< 0.25 ml) is required (= FLA).

Please note!

Baby teeth have important functions. They help with nutritional intake and allow for clear speech. They are also placeholders for the teeth that follow. If children lose their baby teeth too early, the permanent teeth may not grow in straight. You should take good care of your child's baby teeth and keep them healthy.

Your dental professionals are happy to advise you.



FLUORIDE – PROTECTION AGAINST CAVITIES

Scientific studies show: fluoride works best when it comes in direct contact with the surface of the teeth in the correct dosage. Ask your dentist what the most sensible fluoride care is for your child. You can use salt/sea salt and tap water containing fluoride to prepare food and beverages. When using mineral water for your infant, please ensure that the fluoride content is no higher than 0.3 mg fluoride/litre.

Baby teeth	Replacement/permanent teeth
Use toothpaste containing 1,000 ppm fluoride 2-3x daily	Use toothpaste containing 1,400 ppm fluoride 2-3x daily
Do not use mouth wash	Additional use of mouth wash is possible
Do not use toothpaste containing fluoride and fluoride tablets at the same time	



The right dental care for the first baby teeth

They are finally here: baby's first teeth. Now the task is to care for them properly. Teeth are not only important for chewing and talking, they also make our smile more beautiful.

From now on, they should be cleaned twice daily – mornings and evenings.

The best way is with a children's toothbrush with a drop of toothpaste the size of a grain of rice.

At first, the most important thing is to get your child used to daily oral hygiene so that he or she comes to see brushing as a normal part of the daily routine.

Also be sure to replace your child's toothbrush every three months. When the bristles fray or bend, then do so earlier.

How to help your child

1.

Hold the lip up and brush from red to white, from gum to tooth, the outer and inner sides of the front teeth



2.

Once the molars have broken through, brush the chewing surface, outer and inner surfaces



3.

For better cleaning, brush molars both lengthwise and sideways



4.

Also clean between the molars with floss/sticks



5.

From the 1st birthday: rice-sized drop of toothpaste. From the 2nd birthday: pea-sized drop of toothpaste





DRINKING FROM AN OPEN CUP ...



... is important for learning to swallow properly.

At first, small children swallow differently than adults because their tongue is still positioned between their teeth when they swallow. However, their swallowing pattern should change over time so that they learn to swallow correctly with the tongue behind the teeth, against the upper gums. This is important for pronunciation and also helps proper positioning of the teeth. This change in swallowing is supported by drinking from an open cup. The long-term use of a dummy and/or baby bottle hinders this process. For this reason, offer your child water from an open cup as soon as it can sit upright.

FU1b (10 – 20 months of age)

(underline applicable items)

appointment: _____

Parents clean child's teeth

Child receives vitamin D/vitamin D combined with fluoride

Toothpaste containing fluoride used (1,000 ppm)

Child is breastfed/bottle fed

Child already drinks from an open cup

Child drinks breast milk/follow-on formula/water/other _____

Sucking habit (thumb/dummy) _____

Child takes medication _____





GIVING UP THE DUMMY



The earlier you help your child give up their dummy, the easier it will be. Your child is learning to talk and move more independently. Therefore you should slowly limit the use of a dummy to bedtime and stressful or difficult situations, such as having blood drawn or receiving vaccinations at the paediatrician's office.

Older children can be motivated to give up their dummy with the help of a certain date, such as St. Nicolaus' Day or Easter, or by giving it to another baby. Naturally, your dentist will be happy to exchange the dummy for a small gift during a visit.

ZAHNSTATUS

(Your dentist enters their findings here)

V	IV	III	II	I	I	II	III	IV	V
V	IV	III	II	I	I	II	III	IV	V

Kariesrisiko

ja nein

falls ja, Wiedervorstellung in drei Monaten

Fluoridlackapplikation erfolgt (< 0,25 ml)

ja nein

Behandlungsbedarf

ja Bemerkung _____

Nächster Termin/Next appointment



FU1c (21 - 33 months of age)

(underline applicable items)

Parents clean child's teeth

Child has started brushing

Toothpaste containing fluoride used (1,000 ppm)

Child is breastfed/bottle fed

Child drinks from an open cup

Child drinks breast milk/follow-on formula/water/other _____

Sucking habit (thumb/dummy)

Child takes medication _____

appointment: _____



ZAHNSTATUS

(Your dentist enters their findings here)

V	IV	III	II	I	I	II	III	IV	V
V	IV	III	II	I	I	II	III	IV	V

Kariesrisiko

ja nein

falls ja, Wiedervorstellung
in drei Monaten

Fluoridlackapplikation erfolgt (< 0,25 ml)

ja nein

Behandlungsbedarf

ja Bemerkung _____

Nächster Termin/Next appointment

Weitere Untersuchungen vor der nächsten FU erforderlich?

Datum/Date

Anmerkungen/Comments



FU2 (34 – 72 months of age)

(underline applicable items)

appointment: _____

Now that the child has all of his/her baby teeth, the dentist will also check the occlusion, i.e. how your child bites down and how he/she speaks and swallows. They will also discuss with you whether early orthodontic or logopaedic treatment is necessary.

+ Parents brush after child has brushed

o Child brushes

Toothpaste containing fluoride used

o Child drinks from an open cup

When thirsty, child drinks _____

Vegetarian/vegan

Sucking habit (thumb/dummy)

Child takes medication _____

ZAHNSTATUS

(Your dentist enters their findings here)

V	IV	III	II	I	I	II	III	IV	V
V	IV	III	II	I	I	II	III	IV	V

Kariesrisiko

ja nein

falls ja, Wiedervorstellung
in drei Monaten

Fluoridlackapplikation erfolgt
(0,25 ml)

ja nein

Behandlungsbedarf

ja Bemerkung _____

Nächster Termin/Next appoint.





HEALTHY NUTRITION ...



... ensures your child's growth and the development of healthy teeth.

- Drinking water and unsweetened beverages are the best thirst-quenchers.
- Juice only after the first birthday and then max. 1 glass per day.
- Do not add sugar to baby food before the 2nd birthday.
- Offer sugary and acidic foods ideally at meal times.
- After snacking, neutralise the acidic pH in the mouth with water, milk or cheese. School-aged children can also chew tooth-friendly chewing gum.

Weitere zahnärztliche Untersuchungen bis zum 72. Lebensmonat

Datum _____

Fluoridlackapplikation erfolgt (0,25 ml)

ja nein

Bemerkung _____

Datum _____

Fluoridlackapplikation erfolgt (0,25 ml)

ja nein

Bemerkung _____

Datum _____

Fluoridlackapplikation erfolgt (0,25 ml)

ja nein

Bemerkung _____

Datum _____

Fluoridlackapplikation erfolgt (0,25 ml)

ja nein

Bemerkung _____

Datum _____

Fluoridlackapplikation erfolgt (0,25 ml)

ja nein

Bemerkung _____

Datum _____

Fluoridlackapplikation erfolgt (0,25 ml)

ja nein

Bemerkung _____

THE FIRST PERMANENT TEETH



From 6 years of age, the first permanent tooth breaks through behind the last baby tooth. Because no baby tooth falls out for this tooth, the process often goes unnoticed and the teeth are forgotten during cleaning. Help your child clean their teeth with daily additional brushing after they have brushed themselves. By brushing lengthwise and sideways, you can help keep the difficult-to-clean and especially cavity-prone molars healthy. From now on, use a toothpaste with at least 1,400 ppm fluoride.

Dental examination at 6 years of age

(underline applicable items)

Child brushes

Parents brush after child

Toothpaste containing fluoride used (>1,400 ppm)

Child uses mouthwash containing fluoride

What does the child drink when thirsty _____

Child takes medication _____

ZAHNSTATUS

(Your dentist enters their findings here)

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IIP4 - Fluoridlackapplikation erfolgt (0,40 ml)

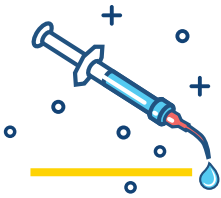
Nächster Termin/Next appoint.

ja nein

Behandlungsbedarf

ja Bemerkung _____

SEALING OF FISSURES AND PITS



In order to protect the permanent molars, they can be sealed once they have completely broken through. This service is covered by the statutory health insurance for the first and second permanent molars.

Studies have shown that more than 80% of sealed teeth require no fillings over a treatment period of nine years.

To do this, at the dentist's office the molars are cleaned, washed, dried, coated with a thin layer of plastic, hardened with light and polished, then finally covered with a protective varnish containing fluoride.

1.

Cleaning with a brush



2.

Tooth cleaning liquid



3.

Cleaned,
preconditioned tooth



4.

Coating with the
sealant material



5.

Polishing of the
fissure seal



6.

Finished fissure seal



ADDITIONAL DENTAL EXAMINATIONS

(at least every 6 months until the 18th birthday)



6½ years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IP4 - Fluoridlackapplikation erfolgt (0,40 ml)

ja nein

Nächster Termin/Next appointment

Behandlungsbedarf

ja Bemerkung _____

7 years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IP4 - Fluoridlackapplikation erfolgt (0,40 ml)

ja nein

Nächster Termin/Next appointment

Behandlungsbedarf

ja Bemerkung _____

7½ years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IP4 – Fluoridlackapplikation erfolgt (0,40ml) Nächster Termin/Next appointment

ja nein

Behandlungsbedarf

ja Bemerkung _____



CHALKY TEETH – A TOOTH-DEVELOPMENT DISORDER

Molar incisor hypomineralisation (MIH) is a disease of the permanent teeth which primarily affects the first molars and incisors. Colloquially, these teeth are also referred to as chalky teeth due to the chalky, soft consistency of the teeth caused when fewer minerals are included in the enamel as it develops. It is not yet understood what causes this disease. Numerous factors are suspected which could exert an influence during the development of the affected teeth between the eighth month of pregnancy and the child's fourth birthday. These include general illnesses, premature birth, respiratory diseases, middle ear infections and antibiotic administration. These chalky teeth may be extremely sensitive to touch or pain and have an elevated risk of cavities. Because the disease cannot be prevented, these teeth require intensive care with close monitoring by a dentist. Your dentist can tell you if your child is affected and what you should pay attention to.



8 years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IIP4 - Fluoridlackapplikation erfolgt (0,40ml) Nächster Termin/Next appointment

ja nein

Behandlungsbedarf

ja Bemerkung _____

8½ years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IIP4 - Fluoridlackapplikation erfolgt (0,40ml) Nächster Termin/Next appointment

ja nein

Behandlungsbedarf

ja Bemerkung _____

9 years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IP4 - Fluoridlackapplikation erfolgt (0,40ml) Nächster Termin/Next appointment

ja nein

Behandlungsbedarf

ja Bemerkung _____

TOOTH AND JAW MISALIGNMENT



Each dental examination also serves to screen for tooth and jaw misalignments which may inhibit chewing, speech or breathing. The optimal time to have your child checked by an orthodontist is when the baby teeth on the sides begin to fall out (around the child's 9th birthday).

Your dentist will be happy to advise you.



9½ years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IP4 - Fluoridlackapplikation erfolgt (0,40ml) Nächster Termin/Next appointment

ja nein

Behandlungsbedarf

ja Bemerkung _____

10 years of age

18	17	16	15	14	13	12	11	21	22	23	24	25	26	27	28
			V	IV	III	II	I	I	II	III	IV	V			
			V	IV	III	II	I	I	II	III	IV	V			
48	47	46	45	44	43	42	41	31	32	33	34	35	36	37	38

Kariesrisiko ja nein falls ja, Wiedervorstellung in drei Monaten

Mundhygiene-Indizes erhoben _____

IP4 - Fluoridlackapplikation erfolgt (0,40ml) Nächster Termin/Next appointment

ja nein

Behandlungsbedarf

ja Bemerkung _____

Publisher:

Informationszentrum Zahn- und Mundgesundheit Baden-Württemberg (IZZ)
An institution of the Kassenzahnärztliche Vereinigung und der
Landes Zahnärztekammer Baden-Württemberg
www.izzbw.de

Press rights and editorial responsibility: Cornelia Schwarz, Head of the IZZ

Author: PD Dr. Yvonne Wagner, Director of the ZFZ Stuttgart

Graphics: Armin Fischer, IZZ

Photo credits: ZFZ/Dr. Y. Wagner; IZZ/C. Schwarz, A. Fischer; AdobeStock/
Nieschefart, Oksana Kuzmina, bonnontawat, Santiago Nunez, dtatiana,
komokvm, weyo, Decobrush

This Children's Dental Passport was printed in a climate-neutral fashion on sustainable paper.

