Have your teeth checked and treated by a dentist even before pregnancy, as tooth decay can be transmitted from the mouth of the mother to the baby.

You can obtain information on a healthy diet for healthy teeth from your dentist or a nutritionist.

The risk of tooth decay is reduced by a healthy diet, thorough oral and dental care at home, fluoridation to harden tooth enamel and regular professional dental cleaning by the dentistry team.

Breastfeeding strengthens the jaws, lips and tongue, as well as the head and neck muscles of the baby. This supports the normal development of tooth and jaw positions.

Use orthodontic teats on baby bottles and do not enlarge the hole in the teat. When suckling on the bottle, the baby should make the same effort as with breastfeeding.

Do not lick baby bottle teats, spoons or pacifiers (dummies), as this transmits bacteria from mouth to mouth.

Do not let your child constantly suckle on a bottle with sweet or sour drinks, as constant suckling will destroy baby teeth. From the age of one at the latest, it is best if the child drinks water from a beaker or cup.

As soon as the first baby tooth becomes visible, you should brush your child's teeth daily. Use a soft toothbrush with a pea-sized amount of fluoridated children's toothpaste.

Give your child's teeth a supplementary brushing twice daily until late primary school. Only then have children mastered brushing movements well enough to clean their own.

Replace children's toothbrushes regularly. Replace the toothbrush after an illness.

Make a dentist's appointment for a preventive check-up as soon as the first baby teeth have broken through. This way you get your child used to regular visits at the dentist's.

Tooth decay in children's teeth must be treated in order to preserve them. Otherwise baby teeth may fall out too early and cause malpositions.

Ensure that children eat sweets only after main meals, not spread throughout the day and not at night after brushing teeth.