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**Deutsche Gesellschaft für
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New recommendations for children toothpaste

On September, 27th 2018, the following German dental associations have released new recommendations for the fluoride content and use of children toothpaste:

- German Association for Operative Dentistry (DGZ)
- German Association for Pediatric Dentistry (DGKiZ)
- German Society for Preventive Dentistry“ (DGPZM)
- Federal Association of Dentists in Public Health Services (BZÖG)
- Federal Dental Association (BZÄK)

age	concentration	frequency	amount
children younger than 2 years	500 ppm	2 x/day	pea-sized
	alternatively		
	1000 ppm	2 x/day	grain of rice
children from 2 to 6 years	1000 ppm	2 x/day	pea-sized



In order to allow optimal dosing of children toothpaste, the apertures of the toothpaste tubes have to be smaller than usual ones (3-4 mm) and the viscosity of the toothpaste has to be high enough to form an amount of the size of a grain of rice or a pea.

It should be marked on the tube or the secondary packaging that tooth brushing twice a day from the first tooth onwards is an essential measure to keep the teeth caries free and the gums healthy.

Tooth decay is caused by sugar-rich nutrition. Therefore, a tooth-friendly diet, e.g. reduced sugar intake, should be promoted by accompanying adverts and information material and if possible on toothpaste packaging.

In addition to the use of fluoride toothpaste, the consumption of fluoridated salt is recommended.

Prof. Dr. Stefan Zimmer

President German Society for Preventive Dentistry (DGPZM)