

1. Do the 'Tick check'!
2. 6 Tips for your child's healthy teeth

## 1. Do the 'Tick check'!



Spring seems to be slowly beginning. That's when it's great to go out with the kids and play outside a lot. Nothing nicer than that, right!

But be careful when playing in 'the greenery'. Because a tick bite is easy to get, and not only is the bite very unpleasant, the tick can also transmit nasty diseases.

That is why it is important to always do a tick check if you spend a lot of time outdoors a lot!

- Watch the film (click on the link ) [How to check for ticks | RIVM](#)
- [How to recognise a tick | RIVM](#)
- Want to know more? [Tick bites | RIVM](#)

Infectious disease department

## 2. 6 Tips for your child's healthy teeth

How do you take good care of your child's teeth?  
We give you 6 tips to make sure your child's teeth stay healthy.

1. Brush in the morning and at night with fluoride toothpaste.
2. Always brush your child's teeth up to 10 years old yourself.
3. Do not give your child food and drink in the evening after brushing. Water is always fine.
4. Eat and drink a maximum of 5 times a day.
5. Does your child have 1 tooth? Make an appointment with the dentist.
6. Do not give a bottle of juice or lemonade to your child.

### Good to know

And did you know that the basic health insurance fully covers dental costs for children up to the age of 18, with the exception of crowns, bridges, braces and implants?  
And no excess applies.

For more tips visit [Allesoverhetgebit.nl](https://allesoverhetgebit.nl) (in dutch)  
For example, you can read about : [Milk teeth](#) (in dutch)

Youth Health care department

