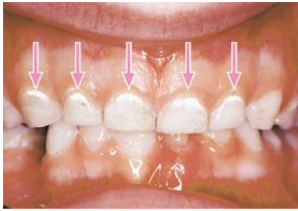


Are my child's teeth healthy?



Lift the top lip and check the outer surface of your child's top front teeth.

Healthy teeth



White lines along the gum line can be the beginning of tooth decay. Needs a dental visit.

Early signs of decay



Brown areas or decayed spots
Needs a dental visit.

More advanced decay

Adapted from: (http://raisingchildren.net.au/articles/dental_video.html)



4 Tips For Happy Healthy Teeth 😊

'Swish and Swallow' routine – rinse mouth with water after eating anything

Drink water – not fruit juice, soda or cordial
(Restrict sugary drinks to 1 a day)

Offer crunchy fruit and veggies as snacks – they help to clean teeth



Brush teeth after meals if possible, and especially before bed time

It's easier and cheaper to keep teeth healthy



than to try to save teeth as kids get older!



How can I help my child have healthy teeth for life?



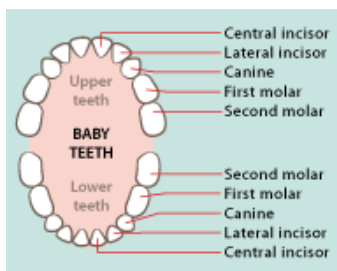
Give your child healthy fresh food and water every day

Don't let your child have sweet food and drinks every day - like chocolate, biscuits, cakes, lollies, snack bars, ice cream, fruit juice, cordial, fizzy soft drinks, fast foods.



Don't give your child juice, milk or formula to go to bed. Always take the bottle away after feeding

Start brushing your child's teeth as soon as they come through



Baby teeth will usually all arrive by 3 years old.

Use a clean, soft cloth for babies up to 17 months old.

For 18 months to 6 years olds, put a smear of low-fluoride toothpaste on a small, soft toothbrush. If your child is over 6, use a pea-sized amount of standard toothpaste.



Sit or stand behind your child in front of a mirror so your child can see what you're doing. If you have a toddler, you might find it easiest to sit him on your lap.

Use your free hand to cradle your child's chin, and ask them to open up and say 'aaahh'.



Start with the back teeth first, and move towards the front.

Brush all sides of each tooth: front, back, top and each side - use small circular motions right to the edge of the gum.

When you've finished, ask them to spit out any leftover toothpaste out - without rinsing.

Rinse the toothbrush, and put it somewhere clean to dry.

