

Toothbrushing



Clean all surfaces of the teeth and gums twice a day. In the morning and before bed.



Clean your child's teeth as soon as the first tooth appears. You will need to help your child clean their teeth until they are 8 years of age.

For children 0 – 18 months of age:



Use a wet face washer or small soft toothbrush without toothpaste.

For children 18 months – 6 years of age:



Use a small soft toothbrush with a pea sized amount of low fluoride toothpaste.

For adults and children 6 years of age and over:



Use a soft toothbrush (a small one for children) and a pea sized amount of regular fluoride toothpaste.

Drinks to have every day

Tap water with fluoride is the best drink for healthy teeth.
Low fat milk can be given to children 2 years of age and over.



Tap water with fluoride



Breast milk or infant formula (for babies)



Plain milk

Foods to have every day

Foods from these five food groups are best for you and your family.
Low fat milk, cheese and yoghurt can be given to children 2 years of age and over.



Breads, cereals, rice, pasta, noodles and other grains



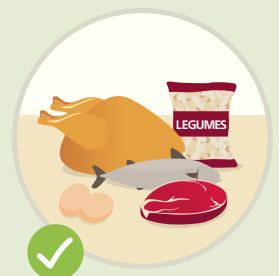
Vegetables and legumes



Fruit



Milk, yoghurt and cheese



Lean meat, fish, chicken, eggs and legumes

Foods and drinks to limit



Soft drink



Flavoured milk



Cordial



Juice



Lollies, chips, chocolates, fruit bars, sweet biscuits, cake and sweet spreads

Bottle feeding



Always hold your baby when bottle feeding.



Children can start drinking from a cup when they are 6 months of age. A bottle is not needed for a child older than 12 months of age.



Do not put baby to bed with a bottle.



Dummies



If your child has a dummy, do not put anything sweet on it.



Do not clean or put your child's dummy in your mouth.

Visiting the dentist



Children should have an oral check by 2 years of age.

Regular checks with a dental professional are important for you and your child. Talk to your dental professional about how often you and your child should have an oral health check.

Public dental services in Victoria

- All children aged between 0–12 years can attend.
- It is free for children to attend if you have one of these cards:



Health care card



Pensioner concession card

- It will cost about \$30.00* a child if you do not have one of these cards.
- You may also be able to make an appointment for yourself if you have one of these cards.
- For more information or to find your closest community dental clinic call 1300 360 054.

*Cost may change.