

LOOKING AFTER YOUR *MOUTH, TEETH & GUMS*

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.

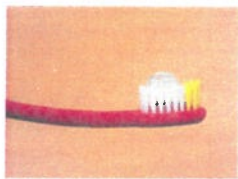


For children 0 – 18 months of age:



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

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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.

Oral health check-ups



All children should have their teeth checked for early signs of decay by 2 years of age. This can be done by your maternal and child health nurse, family doctor or dentist. Regular checks are important for healthy teeth. Ask your oral health professional how often you and your child should have a check-up.

Public dental services in Victoria

- All children up to 12 years of age can use the public dental service.
- It is free for health care card holders and low cost for children without concession cards.



Health care card



Pensioner concession card

- Adults are also eligible for low cost treatment if they have one of these cards.
- Call (03) 9341 1000 or 1800 833 039 (outside Melbourne Metro) or visit www.dhsv.org.au/clinics to find your nearest public clinic.
- You can also check the yellow pages to find a private dentist.