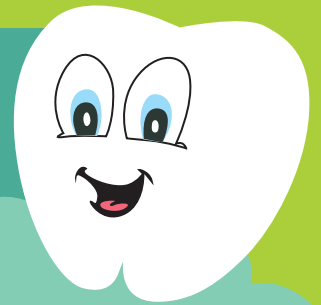


# TOOTH TIPS

FOR BABIES AND CHILDREN



## CLEAN WELL

- Brush your baby's teeth as soon as they appear, and assist and supervise until they are 8 years old.
- Brush 2x a day: morning AND last thing at night
- Brush all tooth surfaces—outside, top and inside
- Use toothpaste with at least 1000 ppm of fluoride—don't use low fluoride toothpastes like 'My First Colgate' or 'Macleans Milk Teeth'
- Spit out the toothpaste and don't rinse with water.



Only a smear for under 6 years



Pea-sized from 6 years

## FLUORIDE

Makes teeth stronger and fixes early stages of decay



BRUSH TWICE A DAY FOR HEALTHY TEETH

## DRINK WELL



Breast milk is best until at least 6 months



Tap water can be offered from 7 months



Never put fruit juice, cordial, milo, flavoured milk, or soft drink in a bottle

Breast milk is best!

DO NOT ADD SUGAR OR HONEY TO YOUR BABY'S FOOD OR DUMMY

### If you are bottle feeding:

- always hold your baby while feeding
- put your baby to bed WITHOUT a bottle
- brush your babies teeth after breastfeeding or bottle feeding at night.



Visit the **Community Dental Service** at least once a year  
**0800 846 983 (0800 TINY TEETH)**



# TOOTH TIPS

FOR BABIES AND CHILDREN



- From 7 months start introducing your baby to a cup.
- At 12 months your child can drink all fluids from a cup and this should be encouraged.
- Drinking from a bottle can increase tooth decay, particularly when drunk after brushing teeth at night.



## DRINK WELL

- Water or milk are best for children.
- Full-fat cow's milk can be drunk from 12 months, low-fat cow's milk from 24 months.

Offer water and milk

DRINK WATER AND MILK



Drink tap water and plain milk every day



Avoid soft drink, fruit juice, flavoured milk, cordial, milo, tea and coffee

## EAT WELL

- Give teeth a rest by keeping snacks to 2-3 times a day.
- It is best to avoid giving your child sugary foods or drinks, but if you do, offer them only occasionally at main mealtimes with other tooth-friendly foods and not as snacks.

OFFER TOOTH-FRIENDLY SNACKS

