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

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

FLUORIDE
Makes teeth stronger and fixes early stages of decay

BRUSH TWICE A DAY FOR HEALTHY TEETH

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.

**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**

For more information on oral health visit www.letstalkteeth.co.nz