TOOTH TIPS
FOR TODDLERS AND YOUNG CHILDREN

CLEAN WELL
- Brush your child’s teeth for them using a small, soft-headed toothbrush – supervise until 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’

FLUORIDE
- Makes teeth stronger and fixes early stages of decay

BRUSH TWICE A DAY FOR HEALTHY TEETH

EAT WELL
- Give teeth a rest by keeping snacks to 2-3 times a day
- Offer tooth friendly snacks:
  - Fruit: bananas, yogurt, cheese, sandwiches, carrots, kiwi

DRINK WELL
- Drink tap water and plain milk every day
- Do not offer your child soft drink, fruit juice, flavoured milk, cordial, milo, tea or coffee

Visit the Community Dental Service at least once a year
0800 846 983 (0800 TINY TEETH)
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LIFT THE LIP
Lift your child’s lip every month to check for signs of decay

- Look out for any white or brown spots near the gums.
- Decay happens fast - if you see anything abnormal, take your child for a dental check-up straight away!
- Make an appointment by calling 0800 846 983.

ROLE MODELLING
Your child will learn how to take care of their teeth by watching what you do

- Let your child watch you brush and floss your own teeth
- Choose healthy food and drink choices yourself
- Visit your dentist regularly and take your child with you

THUMB, FINGER AND DUMMY SUCKING

- This is healthy, normal behaviour
- Most children stop this habit between 2 to 4 years of age
- Dental problems may occur if this habit continues beyond age 5 when permanent teeth may be affected
- If your child has a dummy, clean it under running water NOT in your mouth
- Dummy use should be discouraged by age 2

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