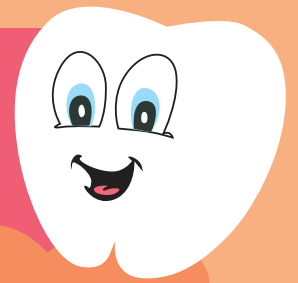


# TOOTH TIPS

FOR TODDLERS AND YOUNG CHILDREN



## CLEAN WELL

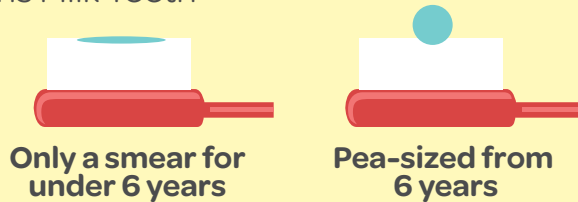
- Brush your child's teeth for them using a small, soft-headed toothbrush –supervise until 8 years old
- Brush 2x a day: morning AND last thing at night
- Brush all tooth surfaces – outside, top and inside
- Use toothpaste with at least 1000 ppm of fluoride—don't use low fluoride toothpastes like 'My First Colgate' or 'Macleans Milk Teeth'

## FLUORIDE

Makes teeth stronger and fixes early stages of decay



Spit, but don't rinse



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:



It is best to avoid giving your child sugary foods or drinks, but if you do, offer them at main mealtimes with other tooth-friendly foods and not as snacks. Offer them less than once a week.

## Offer water and milk



Drink tap water and plain milk everyday.



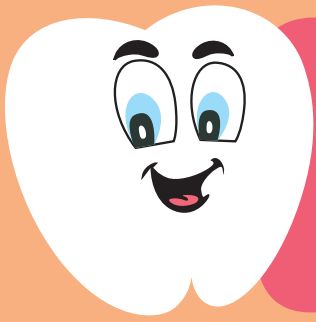
Avoid soft drinks, fruit juice, flavoured milk, cordial, milo, tea or coffee.

## 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)



# TOOTH TIPS

FOR TODDLERS AND YOUNG CHILDREN

## 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.



Decay is preventable...

## ROLE MODELLING

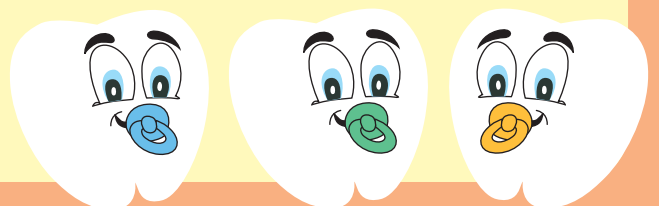
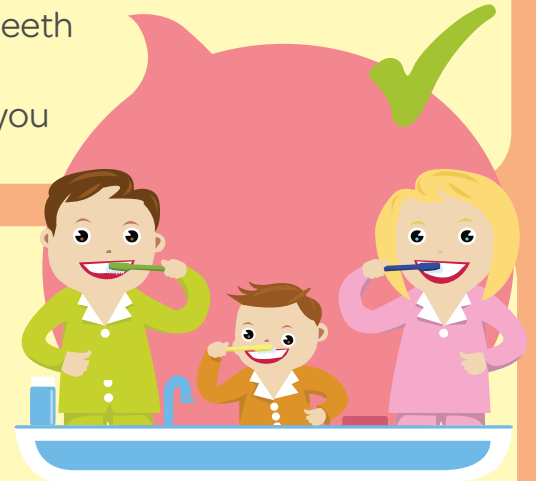
Your child will learn how to take care of their teeth by watching what you do

- 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

Children watch what you do

## 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](http://www.letstalkteeth.co.nz)

Canterbury  
District Health Board  
Te Pori Hauora o Waitaha

Community &  
Public Health  
a division of  
Canterbury District Health Board

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