TOOTH TIPS
FOR YOUNG CHILDREN

CLEAN WELL
• Continue to brush your child’s teeth until they can hold a pen and write, 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’

DRINK WELL
• Water and low-fat milk are best for children (Full-fat milk, blue top, for ages 12-24 months)
• NEVER put anything other than water in your child’s drink bottle.

FLUORIDE
Makes teeth stronger and fixes early stages of decay

DRINK WATER AND MILK
Drink tap water and plain milk every day
Avoid soft drink, fruit juice, flavoured milk, cordial, milo, tea, or coffee

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BRUSH TWICE A DAY FOR HEALTHY TEETH

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

B4 school check
**TOOTH TIPS FOR YOUNG CHILDREN**

**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.
- Fill your child’s lunch box with tooth-friendly snacks such as:

**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**

This is healthy, normal behavior but dental problems may occur if it continues beyond age 5 when permanent teeth may be affected.

**THUMB, FINGER AND DUMMY SUCKING**

Tips for helping your child stop:
- Praise your child for not sucking instead of growling at them when they are.
- Provide comfort when your child is anxious.
- Involve your child in the method of stopping.
- Remind your child of the habit by wrapping the thumb or finger or putting a sock on their hand at night.

For more information on oral health visit [www.letstalkteeth.co.nz](http://www.letstalkteeth.co.nz)