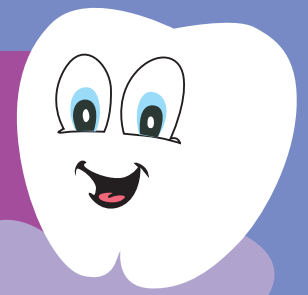


# TOOTH TIPS

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'



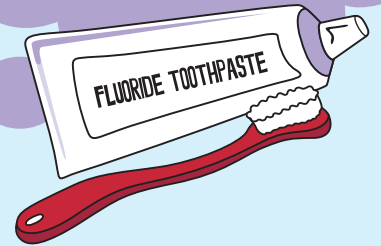
Only a smear for under 6 years



Pea-sized amount from 6 years

## FLUORIDE

Makes teeth stronger and fixes early stages of decay



Spit, but don't rinse

## 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.

BRUSH TWICE A DAY FOR HEALTHY TEETH

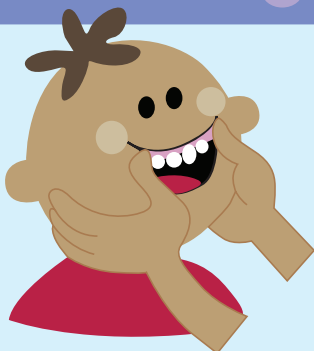
Drink water and milk



Drink tap water and plain milk every day

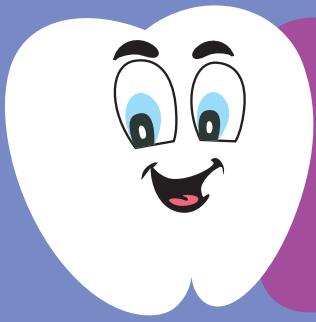


Avoid soft drink, fruit juice, flavoured milk, cordial, milo, tea, or coffee



- Regular dental check-ups and monthly 'lift the lip' checks will help identify any decay as soon as it occurs.
- 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.

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



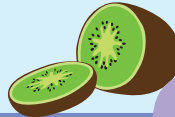
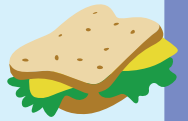
# TOOTH TIPS

## 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:



**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**

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.

