

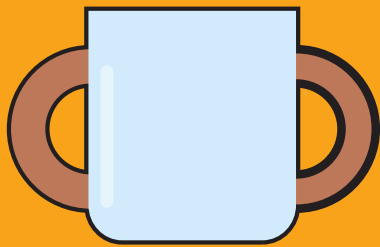
How else can I protect my child's teeth?

Avoid putting juice or sugar/sweetened drinks in feeding bottles as this causes tooth decay.

Bottle use should end by their first birthday. Encourage your child to drink from a free flow cup as soon as they can hold one, as early as 4-6 months of age.



Free-Flow Cup

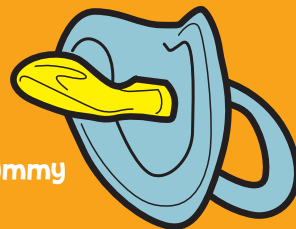


Open Cup

Non spill cups continue the sucking action just like bottles. Move to an open cup when your child can safely handle one.

Exclusive breast-feeding is recommended for the first 6 months. From 6 months, introduce nutritionally safe (solid) foods together with breast-feeding up until 2 years of age.

Dummies should only be used as a comforter for a short time, once the child is settled it should be removed.



Dummy

Take your child to see a dentist regularly.

Tooth Time

Information for Parents and Young Children



Good oral health is important!

What do we need to know about toothbrushing?

As soon as your child's first tooth appears, brush twice a day for two minutes, using a small, soft tooth brush and fluoride toothpaste. Always brush last thing at night before bed and on one other occasion. Fluoride is a mineral and can help prevent tooth decay, this is added to many brands of toothpaste.

Children under three should use a smear of fluoride toothpaste, which contains at least 1000ppm (PPM - parts per million, this is the measurement of fluoride strength). Children over three should use a pea size amount between 1350-1500ppm.

Brushing should be supervised until at least 7 years of age.

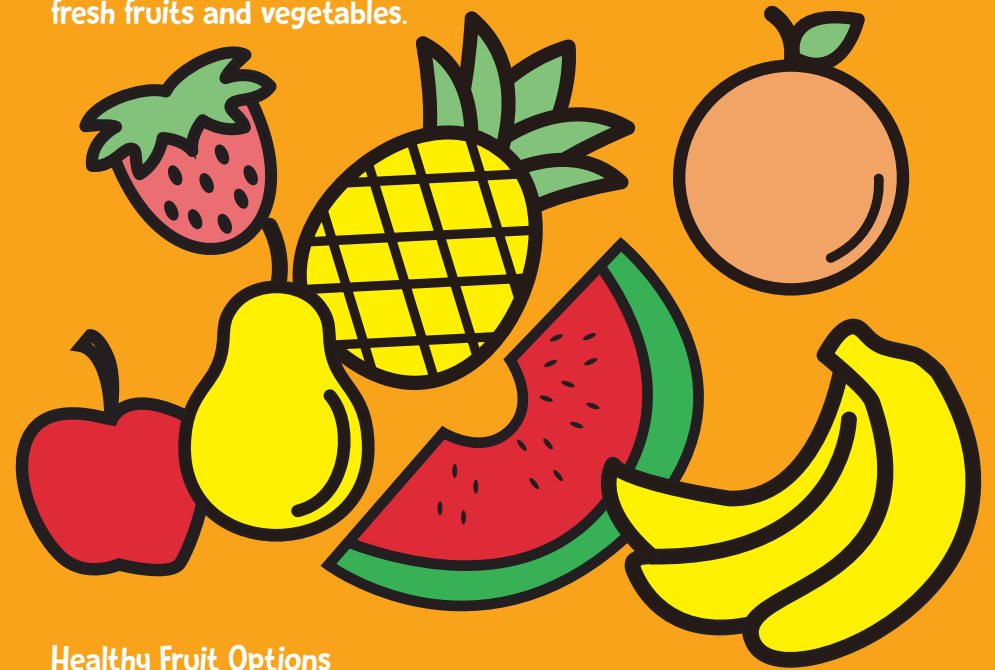


Spit out the toothpaste after toothbrushing, do not rinse after. This helps the fluoride stay in the mouth longer and work harder to strengthen the teeth.

Remember to change your toothbrush every 3 months.

What kind of foods can my child eat?

Choose sugar free snacks in between meals such as fresh fruits and vegetables.



Healthy Fruit Options

Plain milk and water are the only safe drinks for teeth.



If you choose to give your child other drinks, well-diluted fruit juice or squash should be limited to meal times.