

Check your child's teeth

LIFT the LIP



Photo Source: TAS & WA
Oral Health Services and
www.mh.oralfhealth.org
Graphics Source: Calgary
Health Region 2001

Keep your child's teeth healthy



- EAT WELL**
- Breast milk is best for your baby
 - Offer healthy food for meals and snacks from around 6 months of age
- DRINK WELL**
- Tap water (boiled until 12 months of age) is the best drink in-between meals and at bedtime
 - Putting your baby to bed with a bottle can cause tooth decay
- CLEAN WELL**
- Keep your own teeth and gums clean and healthy
 - Brush your baby's teeth twice a day with a soft small toothbrush and water use a pea-sized smear of low fluoride toothpaste from around 18 months of age
- STAY WELL**
- 'Lift the lip' to look for early signs of tooth decay
 - Have your child's teeth checked by a health professional before their first birthday

For more information ask your Dentist or Dental Therapist, or your local Child and Family Health Nurse

Look for early signs of
tooth decay once a month

STAGE 1

Healthy Teeth



STAGE 2

Whitish lines along the gum line



**SEEK
DENTAL
ADVICE
NOW!**

STAGE 3

Brown or yellow spots that don't brush off



NSW HEALTH



Centre for Oral Health Strategy
NEW SOUTH WALES