

## How to clean your child's teeth

- Always help your baby/toddler to clean their teeth.
- Use a small, soft toothbrush once teeth appear.
- Use a **small amount of low fluoride** toothpaste.
- Do gentle flicks from gums to biting edges of teeth – on outside and inside surfaces.
- Brush along chewing surfaces of teeth.
- Make teeth cleaning fun.
- Encourage teeth cleaning as an important daily routine.

## Important Points to Remember

- Clean babies' teeth when they appear.
- See dentist for broken or chipped teeth.
- Familiarise your baby with the dentist from 6 months.
- First dental check at 2 years of age.
- Avoid giving sweet drinks in bottles.
- Give healthy tooth foods.
- Never put honey on dummies.
- Fruit juices should be diluted.

## Remember

- A good start to dental health is vital for a long, healthy life.

If you have any questions about your child's teeth, talk to your health worker, child health nurse or dentist.

*You can also contact or visit:*



Derbarl Yerrigan Health Service  
156 Wittenoom Street  
East Perth  
Western Australia 6004

Telephone: (08) 9421 3888

This brochure was developed by the Bibbulung Gnarneep team (a collaboration between the TVW Telethon Institute for Child Health Research\* and Derbarl Yerrigan Health Service).

(\* a company Limited by Guarantee)

\_\_\_\_\_ Telephone: \_\_\_\_\_

## Bibbulung Gnarneep



# Solid Kids

have

# Healthy Teeth

**0 - 2 Years Old**

## Things to Encourage



Breastfeed for as long as you can.



Only use cooled (boiled) water in bottle to settle baby to sleep.



Encourage baby to drink from a cup. Give milk and non-sweetened drinks.



Gradually introduce solids from about 4-6 months of age.

## Good Advice Caring for children's teeth aged 0 – 2 years

### When teething:

- Use cooled teething rings and crusts to chew on.
- Rub your child's gums with a clean finger and gently massage jawline with finger tips.
- If necessary, apply sugar free teething gel or see your dentist, doctor or chemist for advice.

### When teeth first come through:

- Use a **clean** soft, moist cloth to wipe baby's teeth and gums.
- Use a child's soft tooth brush to gently clean all tooth surfaces and a **low fluoride** tooth paste.



## Things to Avoid



Sleeping with bottles



Honey on dummies



Lollies



Sweet/Cool drinks



Snacks