

How to clean your child's teeth

- Always help your baby / toddler to clean their teeth.
- Use a small, soft toothbrush.
- 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

- Brush teeth twice a day.
- Avoid giving sweet drinks in bottles.
- Never put honey on dummies.
- Give healthy snacks.
- First dental check at 2 years of age.
- See dentist for broken or chipped teeth.

Remember

- Looking after young children's teeth 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).

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Bibbulung Gnarneep



Solid Kids

have

Healthy Teeth

2 - 5 Years Old

Things to Encourage



If your child is still breastfed remember to brush teeth after feeds.

If bottle is still used to settle your child to sleep only give plain water.



Good Advice Caring for children's teeth aged 2 – 5 years

- Give lollies / sweets at meal times only and then brush teeth.
- Do not give sweet foods before bed or between meals.
- Try not to give lollies/sweets as rewards or bribes.



Things to Avoid



Sleeping with bottles



Honey on dummies



Lollies



Sweet/Cool drinks

When child is old enough, introduce:

- Vegetables or fruit sticks to chew on.
- Dental flossing.



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



Give healthy snacks. eg. Fruit, crackers, sandwiches or cheese scones.



Snacks