

## Stay Well

- ☺ Keep your teeth and gums clean and healthy. Germs from your mouth can pass over to your baby's mouth on dummies, bottles and spoons
- 🦷 Check your child's front teeth by lifting the lip' very gently to check for early signs of tooth decay
- 👩‍⚕️ Have your child's teeth checked by a health professional by their 1st birthday
- 🦷 Check with a dental professional to see if your child needs sealants or a fluoride treatment
- 🚭 Provide a smoke free environment for your child
- ☀️ Protect your child's face, skin and lips from too much sun

## Play Well

- 👶 Supervise your child when they are playing - it helps to prevent injuries
- 🦷 If your child injures their teeth seek dental advice immediately

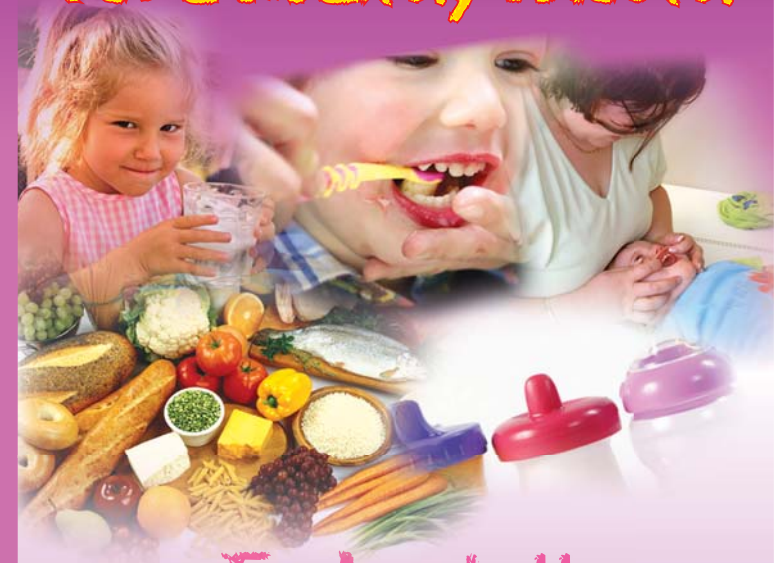


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## NSW Messages for a Healthy Mouth



Eat Well

Drink Well




Clean Well

Play Well

Stay Well

for parents, grandparents & carers of  
infants, toddlers and preschool children





## Eat Well

-  Provide your child with a wide variety of healthy foods
-  Provide healthy snacks in-between meals (like cheese, vegetable sticks, fresh fruit, yoghurt, wholegrain sandwiches and soups)
-  Keep sugary and sticky foods and sweets (like cakes, biscuits, pastries, lollies or chocolate) for special treats, not every day

## Drink Well

-  Breast milk is best for your baby
-  Once baby teeth start to come through if you put your baby to bed with a bottle (of anything other than water) it can cause tooth decay
-  Encourage your baby to drink from a cup from 6-8 months
-  Encourage your child to drink tap water (boiled until 12 months) in-between meals
-  Avoid giving your child acidic and sugary drinks (like fruit juice, cordial and soft drink) - they can cause tooth decay
-  Choose medicine for your child that is sugar-free - get advice from your doctor or chemist

## Clean Well

-  Caring for your baby's mouth starts just after they are born - wipe your baby's gums and inside the cheeks with a clean damp cloth
-  Brush your baby's teeth and gums twice a day with a small, soft toothbrush and water
-  Use a pea-sized amount of fluoride toothpaste from around 18 months\*\*
-  Help your child with tooth brushing until they are 8 years old and teach them to swish and spit and not swallow the toothpaste

\*\* Your health professional will advise you on the type of fluoride toothpaste to use at different ages



NSW Messages for a Healthy Mouth