

ADVICE FOR PARENTS/CARERS OF BABIES 0-2 YRS

- ✓ Put your baby to bed without a bottle
- ✓ Teach your baby to drink from a cup from 6 months.
- ✓ Clean your baby's teeth as soon as they appear with a soft brush and water.



- ✗ Putting a baby to bed with a bottle with something sweet in it like juice, milk or formula, soft drink or cordial can increase the risk of holes in their teeth.
- ✗ Sucking on a bottle with something sweet in it is harmful for their teeth.



ADDITIONAL INFORMATION

Contact your local Aboriginal Medical Service to access dental services.

For further details and eligibility criteria go to <http://www.health.nsw.gov.au/cohs/contacts.asp>



UNSW



Further copies can be downloaded from NSW Health Website:
www.health.nsw.gov.au/cohs/resources.asp
or ordered from Better Health Centre -
Publications Warehouse (02) 9887 5450

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SHPN (CoHS) 130191

HEALTHY SMILES FOR UNDER 5



EAT WELL

- ✓ Offer your child healthy snacks like fruit, vegetable sticks, cheese and plain yoghurt.
 - ✗ Limit your child's frequent snacking on sugary, sticky food like cakes, chips, biscuits, pastries, lollies and chocolate.
- ### DRINK WELL
- ✓ Give your child fluoridated tap water or milk to drink between meals.
 - ✗ Avoid giving your child sugary drinks like fruit juice, cordials and soft drinks.

CLEAN WELL

- ✓ From 18 months brush your child's teeth, morning and night, with an appropriate fluoride toothpaste
- ✓ Use a small, soft brush with a small amount of toothpaste.
- ✓ Help your child with brushing until they are 8 years old.



STAY WELL

- ✓ Have your child's teeth checked at ALL child health visits.
- ✓ Parents are encouraged to gently lift their child's lip to look for early signs of holes.
- ✓ Have your child's teeth checked by a dental professional by 2 years of age
- ✓ Make a dental appointment before your child starts school

