

SA Dental Service

Caring for your child's smile



- > Use a small soft toothbrush to clean your child's teeth and gums. Younger children will need your help.
- > Brush twice a day - each morning, and before bed at night.
- > Children aged up to 17 months do not need toothpaste.
- > For children aged 18 months to five years, use a pea size amount of low fluoride children's toothpaste. Encourage your child to spit the toothpaste out rather than swallow it.
- > For children aged six years up, use a pea size amount of adult fluoride toothpaste
- > Encourage your child to spit toothpaste out - but don't rinse!
- > Choose healthy snacks for your child. Avoid frequent snacks, soft drinks and juices.
- > Tap water is always the best drink for your child.
- > Where possible, choose medicines that are sugar free.
- > School Dental Clinic telephone numbers are listed in the *White Pages'* Business and Government Listing, under *SA Health*.

For more information

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