

Cleaning your child's teeth

You can start cleaning your child's teeth with a clean cloth or a small, soft toothbrush.



Clean your child's teeth as soon as they come through.



Toothpaste

0 – 17 months no toothpaste



18 months – 5 years, use low fluoride children's toothpaste



Lift the lip

Lift your child's top lip once a month to check for early signs of tooth decay. White lines along the gum line can be the beginning of tooth decay. Please seek dental advice if you notice any changes in your child's teeth.



For more information contact

**SA Dental Service
Health Promotion Division**

8222 9016

www.sadental.sa.gov.au

**Children, Youth & Women's
Health Service**

Child and Youth Health

8303 1500

24 hr Parent Helpline 1300 364 100

Healthy Smile  Healthy Life

08/08

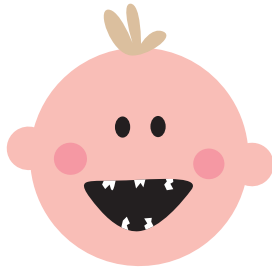
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Give your child's teeth a healthy start



Government of South Australia
SA Health

Stop your child's teeth rotting!



Breastmilk is best



If you are not breastfeeding, use infant formula

Around 6 months, your child can start to eat from a spoon. Start with smooth foods.



Give your child



Breastmilk or formula



Tap water after 6 months



Cow's milk after 1 year

Don't give your child



Soft drink



Fruit juice



Flavoured milk



Cordial



Coffee/Tea

If your child has a dummy, DO NOT put anything sweet on it.



Clean your child's dummy under running water NOT in your mouth. Avoid sharing spoons with your child.



If bottle feeding



Take the bottle away when your child has finished.



DON'T let your child keep sucking on the bottle too long. Give up the bottle by 1 year.



At 6 months your child can use a cup.

Put your child to bed WITHOUT a bottle

