

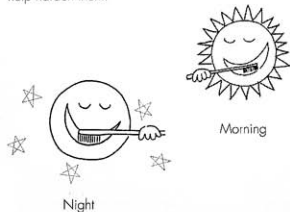
Brush teeth twice a day.

As soon as baby's teeth come through, they should be brushed with a small soft brush or soft cloth and a smear of fluoridated tooth paste.



Spit don't Rinse

Brush teeth twice a day with a fluoride toothpaste, spit out, but do NOT rinse mouth out with water. The small amount of fluoride toothpaste left around the teeth will help harden them.



Water and milk are the best drinks:

Keep sweet drinks like cordial, fizzy drinks, juice, tea or Milo, out of baby and sipper bottles.

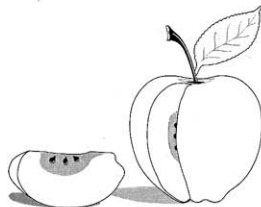


Teeth don't like sweet sugary foods and drinks

Lollies, biscuits and sugary foods rot teeth so should not be eaten every day.

Healthy snacks

Sandwiches, fruit, vegetables, yoghurt and cheese are healthy snacks.



Sugar Free Medicine

Ask your doctor for sugarfree medicine – it will still be flavoured but not with sugar.



Free dental service information

Please turn to back page.

