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.

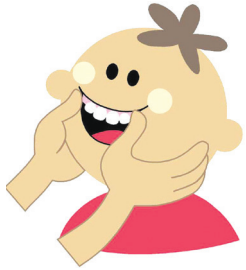
Toothpaste

0 – 17 months - water only

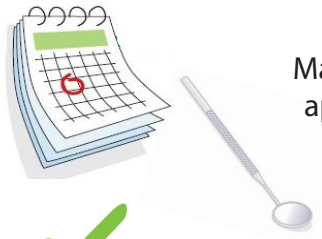
18 months – 5 years use low fluoride children's toothpaste.

(Unless your dental professional tells you something else).

Lift your child's lip regularly and check their teeth



White lines along the gumline can be the beginning of tooth decay. If you notice any changes please seek dental advice.



Make baby a dental appointment at 12 months of age.

Healthy baby teeth are important!

Need more information?

To make an appointment at your local Oral Health Services Tasmania dental clinic

1300 011 013

or go to

www.health.tas.gov.au/oralhealth

or

Child Health and Parenting Services

1300 064 544

OHST-PUB-047-MAY2021

Original concept developed by SA Dental Service.

ORAL HEALTH SERVICES TASMANIA

Give your child's teeth a healthy start

Healthy Mouth Healthy Body

TASMANIAN HEALTH SERVICE

Tasmanian Government

Stop tooth decay

Do give your child

Breast milk

If you are not breastfeeding, use infant formula.

Cooled, boiled tap water from 6-12 months

Cow's milk after 1 year of age

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

Offer healthy foods every day.

If bottle feeding

Take the bottle away when your child has finished drinking.

Babies are smart!

They can start to use cup at 6 months.

Children do not need a bottle after 1 year.

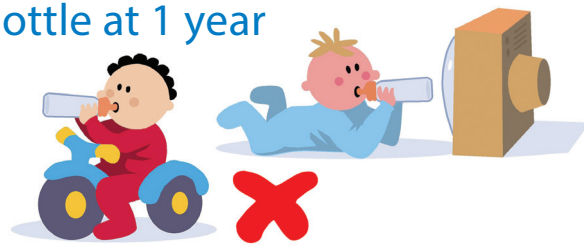
Put baby to bed without a bottle

Putting baby to bed with a bottle can cause tooth decay.

Do not give your child

Soft drink | Fruit juice | Flavoured milk | Cordial | Coffee/ Tea

Aim to give up the bottle at 1 year



If your child has a dummy, do not put anything sweet on it.

Avoid passing decay producing germs to baby

Clean your child's dummy under running water - not in your mouth.

Avoid sharing spoons with your child.

Brush your teeth twice a day.