

Give your baby's teeth a healthy start

A guide for children aged 12 to 24 months

Cleaning

- > Stop tooth decay. Put your baby to bed without a bottle. Use only formula or water in the bottle. Take the bottle away when your baby has finished. Give up the bottle by 12 months
- > Brush your baby's teeth twice a day – each morning and before bed at night. Use a small soft toothbrush
- > Do not use toothpaste until your baby is 18 months old. For children 18 months to five years, use a pea size amount of low fluoride children's toothpaste
- > If your baby has a dummy, do not put anything sweet on it. Clean your baby's dummy under running water, not in your mouth



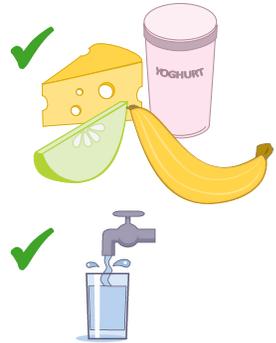
Lift the lip

- > Lift your baby's top lip once a month to look for early signs of decay. White lines along the gum line can be the beginning of tooth decay. If identified early, the progress of decay can be prevented. Please seek dental advice if you notice any changes in your baby's teeth
- > Has your child had a dental visit? Dental care is free for all toddlers and preschoolers at the School Dental Service. Call for an appointment. SA Dental Service recommends a dental visit at around 12 to 18 months
- > To find your local clinic, visit www.sadental.sa.gov.au or call SA Dental Service on 8222 8222

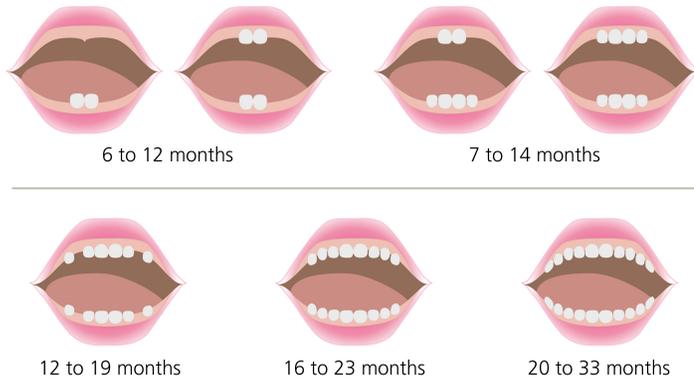


Nutrition

- > Choose healthy snacks such as fruit, vegetables, plain yoghurt and cheese
- > Plain tap water is the best drink. Avoid soft drinks, energy drinks, flavoured milk and cordial. Limit juices



Baby tooth eruption chart



- > This eruption chart is a guide only, times and order vary
- > If your baby has teething pain, baby can suck on a clean, cold, wet cloth or teething ring. Ask your dental professional for advice
- > Where possible, choose sugar free medicines



For more information

To find your local clinic, visit www.sadental.sa.gov.au or call SA Dental Service on 8222 8222

Interpreter services

Interpreters are available through SA Dental Service. Staff can arrange for an interpreter to contact you. Please call 8222 9016 to arrange this.



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