Check your child’s teeth

LIFT the LIP
and look inside

Look for early signs of tooth decay once a month

Healthy Teeth

White lines along the gum line

Brown or yellow spots that don’t brush off

Make A Dental Appointment NOW!

Talk to your Doctor or Nurse about your child’s teeth

Keep your child’s teeth healthy with 3 easy steps

Put your baby to bed without a bottle
(stop the bottle at around 12 months of age)

Start drinking from a cup at around 6 months of age
(boil tap water until 12 months of age)

Start brushing when your baby gets their first tooth
(use low fluoride toothpaste from 18 months of age)