

Congratulations on the arrival of your baby

A healthy mouth is a great start for your baby

Your baby is eligible for **FREE** public dental care until they are 18 years old if you live in NSW.



Scan this code for more information to keep your family's mouth healthy.



Brush your teeth morning and night



Eat more fruit and veges



Choose water as a drink



Have regular dental check-ups

Top tips for your baby

- Falling asleep with a bottle can lead to dental problems
- Clean baby's mouth and gums with a soft cloth
- Baby's first teeth start coming through around 6 months
- Start offering a cup from 6 months
- Brush baby's teeth as soon as they appear with a small soft toothbrush and water
- Check baby's front teeth by lifting their lip for early signs of tooth decay
- Plan a dental check-up for your little one around their 1st birthday
- Clean your baby's dummy with water, not in your mouth

Ask your child and family health nurse or family doctor about your child's dental health at every health check.




The Child Dental Benefit Schedule (CDBS) gives eligible children 0-17 years of age access of up to \$1,026 in dental benefits for over two calendar years.

health.nsw.gov.au/baby-teeth

For a private dentist visit
ada.org.au/Find-a-Dentist

My personal health record



WATCH OUT
WHISPERING COUGHS
IS ABOUT
TO GET YOUR BABY

Make sure the whole family is up to date with their immunisations.

This is the personal health record of:

please take this book with you when you attend any health service, doctor or hospital

More valuable oral health information can be found in your child's Blue Book.

health.nsw.gov.au/mybluebook