



# Healthy Mouths for Kids at School

## Dental information for parents & carers

### How to keep teeth healthy

#### Food and drinks

- Offer your child healthy snacks like cheese, vegetable sticks, fresh fruit, and plain yoghurt.
- Make water your family's drink.

#### Brushing teeth

- Brush teeth after breakfast and before bed using fluoride toothpaste.
- Help children brush their teeth until they are about 8 years old.

#### Dental check-ups

- Children should have their teeth checked regularly.
- If children play contact sport, they should wear a well fitted mouth-guard, to reduce the risk of injury to their teeth.

### Did you know?

Once a child gets tooth decay it can get worse quickly.

Tooth decay can cause pain and infection.

Children with tooth decay may have trouble eating, sleeping and focusing in class.

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### What can cause tooth decay?

- Bacteria (germs) in the mouth feeding on the sugary drinks and sticky food you eat.
- Constantly sipping on sugary drinks like fruit juice, cordials and soft drinks throughout the day.
- Eating food like cakes, biscuits, pastries and lollies between meals.
- Eating savoury snacks that stick to teeth like potato chips, puffed rice, corn crackers and crispbreads.
- Not brushing teeth twice a day with a fluoride toothpaste.



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have regular dental check-ups

### Dental services in NSW

NSW Public Dental Services provide free general and emergency dental care for all children under the age of 18 with a Medicare card.

NSW Public Dental Services provide free general and emergency dental care for adults holding an Australian government concession card.

Some children (between 0 and 17 years) may be eligible for the Commonwealth Child Dental Benefits Schedule (CDBS). For more information visit: [www.health.nsw.gov.au/cdbs](http://www.health.nsw.gov.au/cdbs)

To access NSW Public Dental Services call: **1800 679 336**.

For a private dentist: [www.ada.org.au/Find-a-Dentist](http://www.ada.org.au/Find-a-Dentist)

If you need an Interpreter Service call **13 14 50**



For further information, scan the QR code