

Dental services in NSW



NSW Public Dental Services provide free dental care for all children under the age of 18 with a Medicare card. NSW Public Dental Services also provide free dental care for adults residing in NSW that hold an Australian government concession card. For more information about NSW Public Dental Services go to www.health.nsw.gov.au/oralhealth/Pages/info-patients.aspx

Some **Aboriginal Community Controlled Health Organisations (ACCHO)** provide dental care for their community. Each ACCHO may have different eligibility criteria and appointment processes for their dental programs. For more information go to www.health.nsw.gov.au/aboriginal/pages/contact.aspx

To find a **private dentist** go to www.ada.org.au/Find-a-Dentist

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

Proudly supported by the NSW Government in association with South Western Sydney Local Health District, Sydney Local Health District, and the NSW Centre for Oral Health Strategy.



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Centre for Health Equity Training Research and Evaluation (CHETRE)
Part of UNSW Research Centre for Primary Health Care & Equity



NSW Health

Healthy Smiles for Under 5





Food and drink

Offer your child healthy snacks like cheese, vegetable sticks, fresh fruit, and plain yoghurt.

Water is the best drink for everyone.

Limit your child's frequent snacking on sticky food like cakes, chips, biscuits, pastries, lollies and chocolate.

Avoid giving your child sweet drinks like fruit juice, cordials and soft drinks.

Brushing teeth

Clean your baby's teeth as soon as they appear with a toothbrush and water.

From 18 months brush your child's teeth, morning and night, with an appropriate fluoride toothpaste.

Use a small, soft toothbrush with a small amount of toothpaste.

Help your child with brushing until they are 8 years old.

Dental check-ups

Have your child's teeth checked at ALL child health visits.

Parents are encouraged to gently lift their child's lip to look for early signs of holes.

Have your child's teeth checked by a dental practitioner by your child's 1st birthday.

Make a dental appointment before your child starts school.

Looking after your baby's teeth

Put your baby to bed without a bottle. Putting a baby to bed with a bottle with something sweet in it like juice, milk or formula, soft drink or cordial can increase the risk of holes in their teeth.

A cup can be offered to your child at around 6 months of age. You can offer water, expressed breast milk or infant formula from a cup.

Clean baby's mouth and gums with a soft clean cloth.

Clean your baby's dummy with water and not your own mouth.



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TEETH MORNING
AND NIGHT



EAT MORE FRUIT
AND VEGIES



CHOOSE WATER
AS A DRINK



HAVE REGULAR
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