

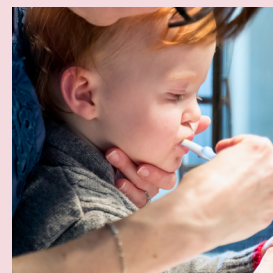
# How to keep your teeth healthy



## 1 Brush your teeth morning and night

Use **fluoride toothpaste** and a toothbrush with a small head and soft bristles.

Brushing your teeth and gums helps to reduce the amount of bacteria that can cause problems in your mouth.



## 2 Eat more fruit and vegies

**Healthy Options:** vegetables, legumes, fruit, cheese, yogurt, bread or nuts.



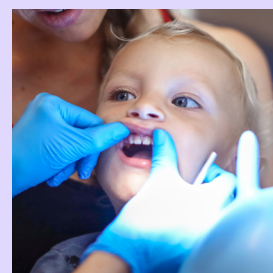
## 3 Choose water as a drink

**Tap water is best.** It contains fluoride, which helps to protect your teeth.



## 4 Have regular dental check-ups

Visit a dental clinic for a check up, don't wait until 'your teeth or mouth' hurts.



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have regular dental check-ups

## Babies' Teeth

- Breast milk is best for babies and is the only food and drink they need until they are around 6 months of age.
- A 'cup' can be offered at around 6 months of age. You can offer water, expressed breast milk or infant formula from a cup.
- If you are using a bottle, only put water, expressed breast milk or infant formula in it.
- Do not put your baby to bed with a bottle.



## Children's Teeth

- Baby's first teeth are important
- You should help brush your child's teeth until they are about 8 years old.
- Take your child to a dental clinic by their first birthday.



Local Health District	Phone Number
Sydney/South Western Sydney	02 9293 3333
Western Sydney	02 8890 6766
Nepean Blue Mountains	02 4734 2387 or 1300 769 221
Hunter New England/ Mid North Coast/Northern NSW	1300 651 625
Northern Sydney	1300 732 503
Central Coast	1300 789 404
South Eastern Sydney	1300 134 226
Illawarra	1300 369 651
Southern NSW/Murrumbidgee	1800 450 046

Regularly check your child's teeth between visits to a dental clinic.



Healthy children's teeth.



Make a dental appointment now.



Make a dental appointment now.



Get urgent dental treatment now.

## Free public dental clinics

Who can access free dental care from public dental services?

- All children under 18 years of age with a Medicare Card.
- Adults who have both a (1) Medicare Card and (2) Centrelink Health Care Card or Pensioner Concession Card.

Call Translating and Interpreter Service (TIS) for an interpreter

