

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.



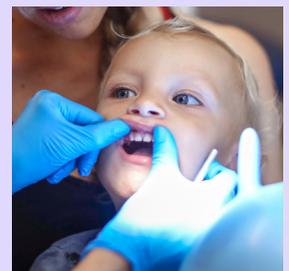
3 Choose water as a drink

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.



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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.



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

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
 - Medicare Card and
 - Centrelink
- Health Care Card or Pensioner Concession Card.

Call Translating and Interpreter Service (TIS) for an interpreter **131 450**



Scan the QR code for further information.

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.

