How to keep your teeth healthy

1 Eat more fruit and vegetables

to keep your teeth healthy

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

Avoid unhealthy sugary foods such as cake, biscuits, ice cream or chocolates.

2 Choose water as a drink

Tap water is best

Tap water contains fluoride, which helps to protect your teeth.

Avoid sugary drinks such as, fruit juice, soft or fizzy drinks.

3 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.

4 Have regular dental check-ups

Visit the dentist once a year for a check-up, don't wait until it 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 about 6 months old.

- Do not put your baby to bed with a bottle.

- Only put milk or water in bottles.

- Start using a cup at 6 months and stop using a bottle by 12 months old.

Children's Teeth

- Children's first teeth are important and need to be looked after carefully.

- You should help brush your child's teeth until they are about 8 years old.

- Take your child to a dentist for their first checkup before they turn one.

- There are public dental clinics that will not cost any money.

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.

Between visits to a dental clinic, check your child's teeth yourself.

Healthy children's teeth.

Make a dental appointment now.

Make a dental appointment now.

Get urgent dental treatment now!

Make a dental appointment

Contact your local public dental service. They will ask for your Medicare card details.
If you are an adult, you will also need your Centrelink Health Care Card or Pensioner Card.

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

Help to access this service:

- In your language call Translating and Interpreting Services (TIS) on **131 450**

- If you have a hearing or speech impediment call National Relay Service **1300 555 727**