

Sometimes foods

These foods make holes in your teeth. Eat only in small amounts and not every day. If you eat these foods, the best time to enjoy them is at mealtime.



chocolate



lollies



fruit drink



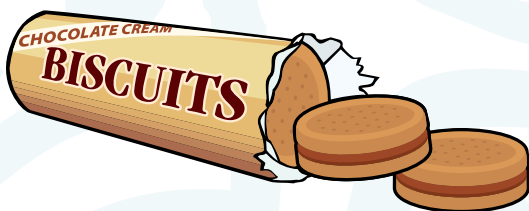
cake



chips



ice cream



biscuits



jam

How to clean baby teeth

Cleaning baby's teeth will help get rid of germs that make holes in teeth. You should clean both your own teeth and baby's teeth in the morning and at night.

You need to clean baby's teeth as soon as they grow.

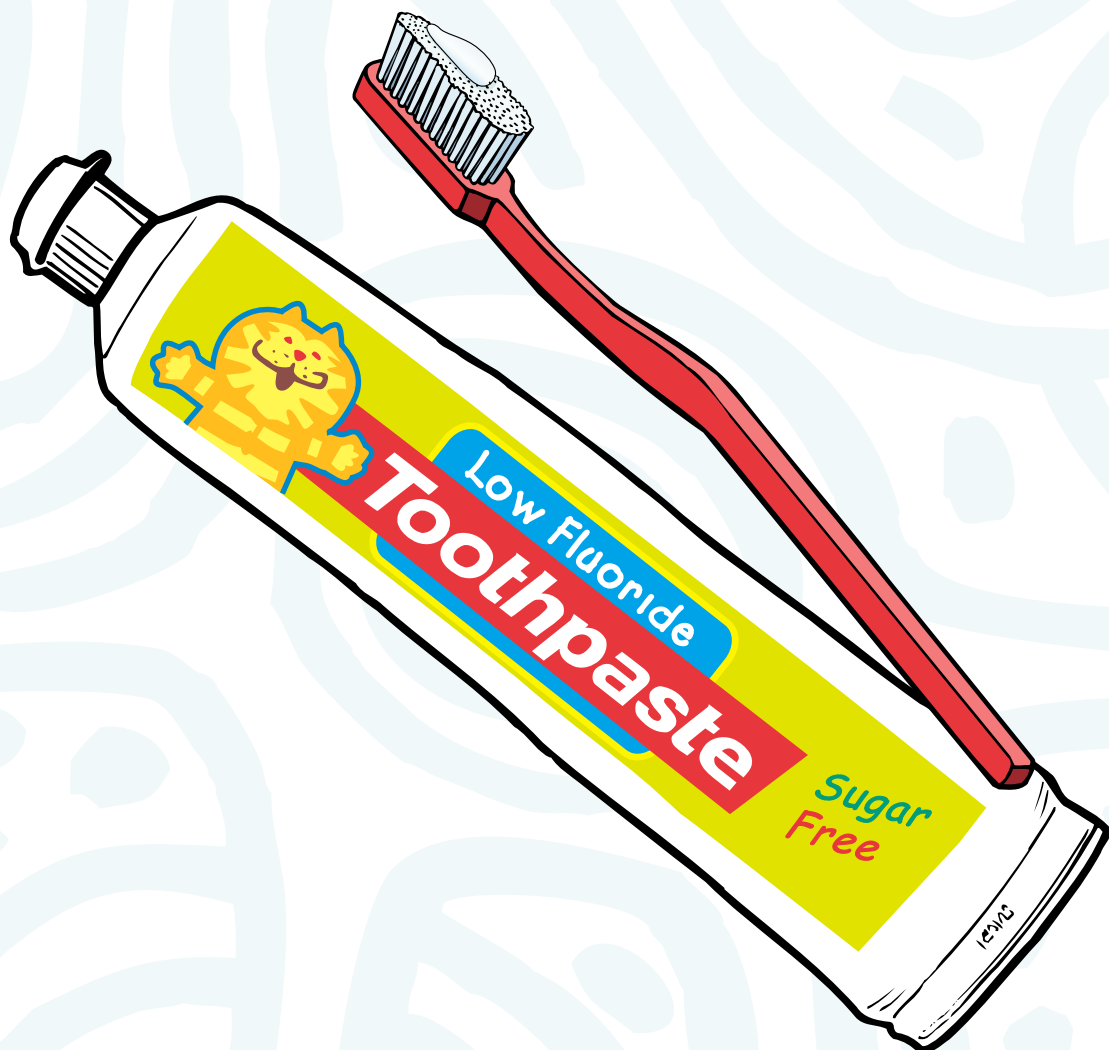
To clean baby's teeth, use a cloth or a small, soft toothbrush. Make sure you clean all sides of the tooth.



Cleaning toddler's teeth

Once the child is 2 years old, you can use a child's fluoride toothpaste to help get rid of the germs and make teeth strong. Use only a very small amount of toothpaste on the toothbrush to clean teeth.

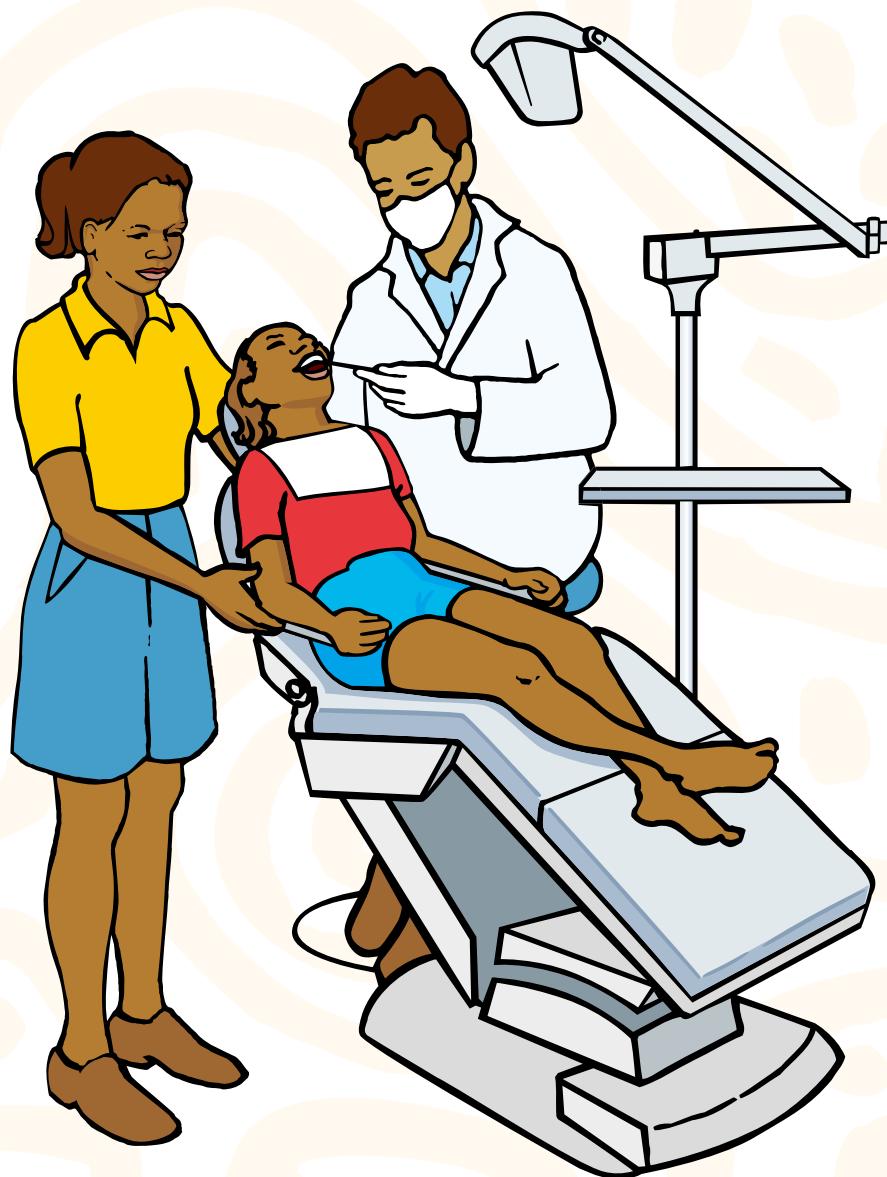
An adult should help the child with cleaning their teeth until they are about 9 years of age.



Visiting your Dental Clinic

If you or your baby have a toothache — see a dentist or health worker straight away.

See your dental clinic or community health staff when baby is 6 months old for a checkup. After the checkup, have regular dental checks every year.



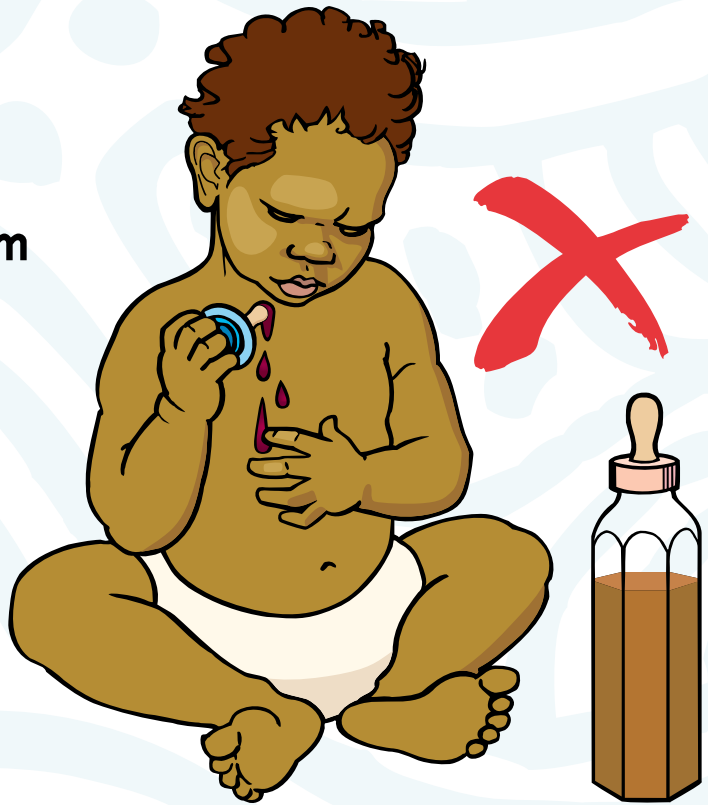
Even if you have no pain, you and your baby should see your health worker, dental therapist or dentist at least once a year. Pick a time to remember, like when school starts each year.

Remember

To stop your teeth from getting holes:

DO NOT

- do not put sugary sweet drinks in bottles
- do not put honey or jam on baby's dummy
- do not let baby walk around with the bottle
- do not let baby sleep with a bottle



To build strong teeth:

DO

- clean baby's teeth with a cloth or small soft toothbrush
- visit your dental clinic at least once a year.

