

PREVENTING INFANT TOOTH DECAY



Drink well

- Breastmilk does not cause tooth decay and has extra benefits for your baby.
- If using a bottle, only put breastmilk, infant formula or water in it.
- Don't settle baby to sleep with a bottle.
- Don't put sweet drinks (like juice, cordial and soft drinks) in the bottle – these cause tooth decay.
- Start using a cup from when your child is six months and try to wean from a bottle at 12 months.

Children need a dental check-up by their second birthday

- Baby teeth help children eat, speak and smile.

Protect baby teeth against tooth decay:

- Clean teeth as soon as they appear with a soft, small toothbrush.
- At 18 months, start using a low fluoride toothpaste.
- Make sure the family has good oral health to protect baby's oral health.
- Children should have a dental check-up by 2 years.



Find out more by visiting our website
www.health.qld.gov.au/oralhealth



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Government