

# DRINK WELL

## Healthy drinks are important for healthy teeth.

- ◆ Encourage your child to drink plenty of tap water.
- ◆ Plain milk is better than flavoured milk.
- ◆ Eat fresh fruit instead of drinking fruit juice.



### Everyday drinks:

- ◆ Water
- ◆ Plain milk
- ◆ Soy milk with calcium.

### Fluoride

- ◆ Helps protect teeth against decay.
- ◆ Is added to drinking water in some areas.

To find more by visiting our website

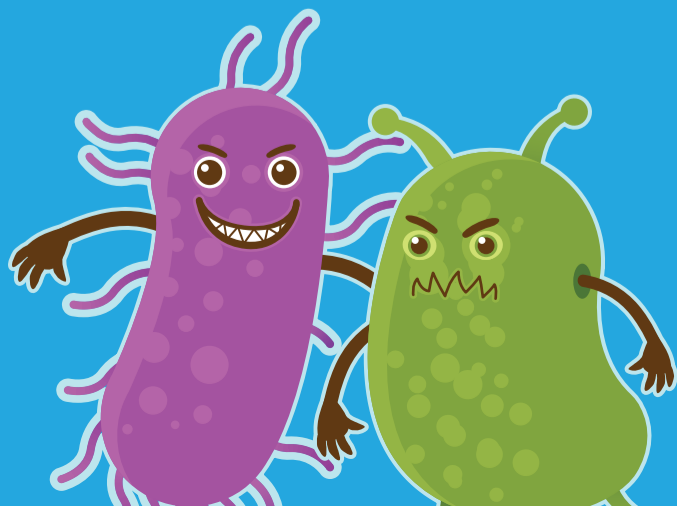
[www.health.qld.gov.au/oralhealth](http://www.health.qld.gov.au/oralhealth)



### Limit sometimes drinks:

- ◆ All fruit juices and fruit drinks
- ◆ Soft drinks (including diet varieties)
- ◆ Cordials
- ◆ Sports drinks
- ◆ Fizzy (carbonated) drinks
- ◆ Flavoured water and flavoured iced teas
- ◆ Flavoured milk and yoghurt drinks

These drinks are high in sugar. Sugar is linked to tooth decay.



# EAT WELL

Children need to eat a variety of healthy meals and snacks.

Limit packaged snacks such as biscuits and bars.

Base snacks and meals on the everyday foods below.

### Everyday foods:

- ◆ Fruit- fresh or frozen
- ◆ Vegetables- raw, steamed and roasted
- ◆ Grains, breads and cereals- whole grain and high fibre
- ◆ Cheese and yoghurt
- ◆ Lean meat, chicken, fish, lentils, beans, tofu, eggs, nuts and seeds.



Dairy products like cheese and plain milk can help prevent tooth decay.



### Limit sometimes foods:

- ◆ Muesli bars, fruit bars and snack bars made from breakfast cereals
- ◆ Sweet biscuits, cakes, slices and donuts
- ◆ Chocolates, lollies and lollypops
- ◆ High sugar spreads - honey, choc-hazelnut and jam
- ◆ Ice cream, dairy desserts and squeeze yoghurts
- ◆ Dried fruits including fruit straps



Sweet foods can cause tooth decay. Food and drinks high in sugar (particularly added sugar) should be limited, especially between meals.

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# CLEAN WELL

Dispense a small (pea-sized) amount of appropriate fluoride toothpaste on a soft, small headed toothbrush. Take one to two minutes to brush well.



### 1 Top insides

Jiggle along every tooth making sure you clean down to the gums.



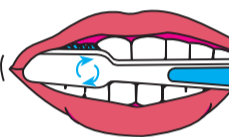
### 2 Bottom insides

Jiggle along every tooth making sure you clean down to the gums.



### 3 Chewing surfaces

Brush along the top and bottom back teeth.



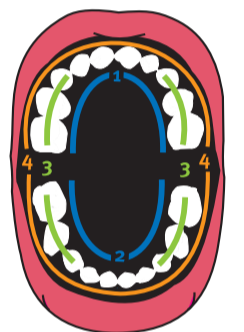
### 4 Outsides

Brush using a circular or up and down motion. Start on one side and go all the way to the other side.

Clean your teeth like this twice every day.

Parents should assist with toothbrushing until children are about eight years of age.

Keep toothpaste out of reach of small children.



### Baby teeth are very important.

They help children to eat, speak and smile.

- ◆ Good oral health habits should start from an early age help to prevent problems as an adult.
- ◆ Everyone should brush their teeth twice a day; after breakfast and before bed.
- ◆ Help your child to brush their teeth until they are around 8; most children are not able to use a toothbrush properly until then.
- ◆ Even when children are able to brush themselves, they may need an adult to check they have brushed thoroughly.



Children should have a dental check-up by the age of 2.

