



Give your child's teeth a healthy start

A guide for children
12 to 24 months

Stop Tooth Decay

Take the bottle away when feeding is finished. Put baby to bed without a bottle.



Use only water or formula in the bottle.



Babies are smart. Encourage an open cup or straw cup for all drinks from 12 months.



Brush baby's teeth twice a day.



Do not use toothpaste until baby is 18 months. 18 months – 5 years use low dose fluoride toothpaste.



Teach your child to spit out, not swallow and not rinse.



Lift your baby's top lip and look for early signs of decay. Please seek dental advice if you notice any changes.



Eat and drink smart

Choose healthy snacks such as fruit, vegetables, plain yoghurt and cheese.



Plain tap water is the best drink.

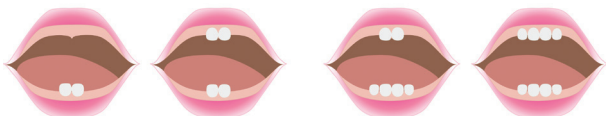


AVOID soft drinks, cordials, energy drinks and other sweetened drinks.



Limit juice – offer water instead and eat the fruit.

Baby tooth eruption chart



6-12 months

7-14 months



12-19 months



16-23 months



20-33 months

This eruption chart is a guide only, time and order may vary.

Teething pain?

Offer baby a cold, wet cloth or teething ring. Ask your dental professional or child health professional for advice. Where possible, use sugar free medicine.



For more information

Has your child had a dental visit yet?

Visit www.dhhs.tas.gov.au/oralhealth to find your local dental clinic.

Oral Health Services Tasmania welcomes **ALL** children 0-18 years of age.