



Give your child's teeth a healthy start

A guide for children
2 to 5 year olds

Stop Tooth Decay

Cleaning

Use a small soft toothbrush twice a day. Parents need to help with cleaning until 7-8 years.



Brush every morning after breakfast and before bed at night

Use a low dose fluoride toothpaste, teach your child to spit out, and not rinse.



Lift the lip

Lift your child's top lip once a month to check for early signs of tooth decay. Please seek dental advice if you notice any changes in your child's teeth.



Eat and drink smart

Choose healthy snacks

such as fruit, vegetables, plain yoghurt and cheese.



Plain tap water is the best and cheapest drink.



Limit those 'sometimes'

sugary foods and drinks – if offering them, have them with a meal.



Instead of juice – **offer water** and eat the whole fruit.



Be great role models

– brush as a family.



Where possible, choose **sugar free** medicines.



For more information

Has your child had a dental visit yet?

To make a dental appointment 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.