

Keeping Teeth Healthy

0-3 YEARS

DRINK WELL



- » Breastmilk is the ideal food for babies. Infant formula is the only suitable and safe alternative to breastmilk.
- » Don't put baby to bed with a bottle.
- » From 6 months, help baby learn to drink from a cup.
- » For babies under 12 months, tap water should be boiled and cooled.
- » Choose tap water or plain milk for your toddler (over 12 months).

FLUORIDE

- » Added to tap water in most areas
- » Naturally available in the environment
- » Helps protect teeth against decay

To find out if your drinking water has fluoride and how to care for your teeth if it does not, visit:

www.health.vic.gov.au/water/water-fluoridation

EAT WELL



- » At around 6 months, introduce solids. Speak to your Maternal and Child Health Nurse for help.
- » By 12 months, children can eat a variety of healthy foods just like the rest of the family.
- » Limit foods with added sugars and choose healthy snacks such as fruit and vegetables.

VISITING THE DENTAL CLINIC

- » All children up to 12 years of age can use public dental services. It is free for health care card holders and low cost for all other children.
- » You can call (03) 9341 1000, or 1800 833 039 (outside Melbourne Metro), or visit www.dhsv.org.au to find your nearest public clinic.
- » You can also search online to find a private dental professional.

CLEAN WELL



- » Even before teeth appear, you can wipe baby's gums using a damp, clean face washer.
- » As soon as the first tooth appears, continue cleaning teeth and gums using a damp face washer or start using a small soft-headed toothbrush.
- » From 18 months old, brush your toddler's teeth with a pea-sized amount of low-fluoride children's toothpaste twice a day.
- » Take your child for a dental check up by 1 year of age.

VIDEO:
BRUSHING
WITH BABIES



Key Messages align with the Infant Feeding Guidelines and Australian Dietary Guidelines

Keeping Teeth Healthy

3-6 YEARS

**DRINK
WELL**

- » Tap water is the best for healthy teeth.
- » Plain milk is also a healthy choice and can help to protect against tooth decay.
- » Children don't need fruit juice or other sugary drinks – limit these, particularly in between meals.

FLUORIDE

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**EAT
WELL**

- » For healthy teeth, encourage your child to eat a wide variety of healthy foods every day.
- » Limit processed foods with added sugars.
- » Instead choose healthy snacks such as fresh fruit and vegetables, plain yogurt and cheese.

**CLEAN
WELL**

- » Help your child to brush their teeth and gums twice a day – in the morning and at night before bed.
- » Use a pea-sized amount of low-fluoride children's toothpaste and a small soft-headed toothbrush.
- » Don't wait for a problem. Your child should have regular dental check ups as advised by their dental professional.

VIDEO:
BRUSHING WITH
PRESCHOOLERS



VISITING THE DENTAL CLINIC

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