

Children's teeth

Brush teeth and gums in the morning and before bed at night.

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From 18 months - 5 years, use a pea sized amount of low-fluoride children's toothpaste.



From 6 years, use adult toothpaste.

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Help your child to brush until they are 8 years old.



Am I eligible at SA Dental?

All children from 0 - 18 years are welcome at SA Dental.

Adults need to have a current Health Care Card or Pensioner Concession Card and live in South Australia.

For more information

SA Dental
GPO Box 864
Adelaide SA 5001
Telephone: 1300 008 222

www.dental.sa.gov.au



Interpreters: If you need an interpreter, call the clinic before your appointment, so arrangements can be made.

If you are deaf, or have a hearing or speech impairment, contact the National Relay Service. For more information visit:

www.relayservice.gov.au or call 1800 555 660.



www.ausgoal.gov.au/creative-commons

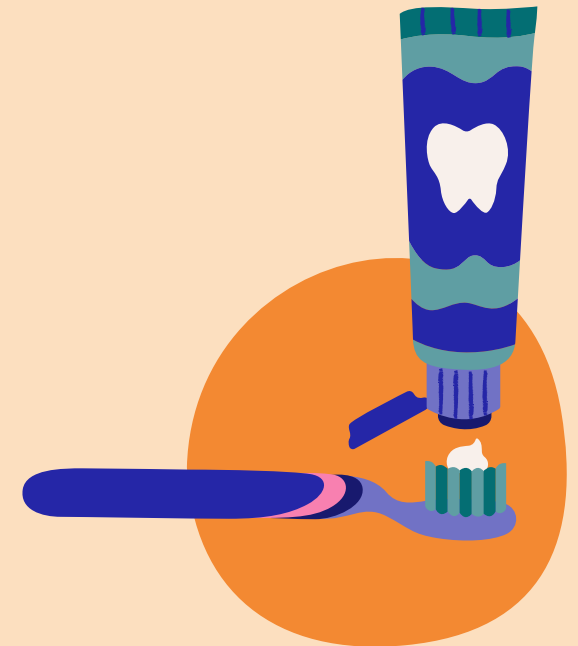


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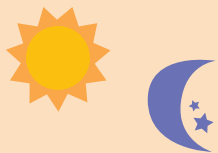


How to care for your teeth and gums



Government of South Australia

Your teeth



Brush your teeth and gums in the morning and before bed at night.

Use a small, soft toothbrush and pea-sized amount of fluoride toothpaste.



After brushing, spit out the toothpaste, but don't rinse with water

Don't share toothbrushes!

If you are a smoker, think about quitting.



Call the QUITLINE on 13 78 48 for support

Choose healthy snacks for you and your family



Limit sugary foods and drinks



Avoid sweet, sticky foods like muesli bars, lollies, dried fruit, jam and chocolate spread.

Drink plain tap water



Baby's teeth

Clean baby's teeth as soon as they come through.

No toothpaste until baby is 18 months old.



Breastmilk is best for babies!

If baby is bottle fed, don't put them to bed with a bottle.

First dental check-up at 12 - 18 months

Lift your child's lip once a month to check for early signs of tooth decay.

White lines on the front teeth along the gum can be the start of tooth decay.

