

Ten top tips for healthy smiles

1. Use a fluoride toothpaste (particularly if you drink tank water)
 - From 18 months use a low fluoride paste
 - From six years of age use a standard fluoride paste
 - Encourage your child to spit out toothpaste after brushing but don't rinse
2. Brush teeth along the gum line twice a day
 - Brushing teeth removes plaque that can cause tooth decay
 - Brush all surfaces of the teeth and gums
 - Choose a toothbrush with a small head and soft bristles
 - Children will need an adults help until about 7 or 8 years of age, even when they can physically brush their own teeth it is important to supervise to ensure they are doing an adequate clean
3. Drink plenty of tap water
 - Water should be the main drink for children
 - Most tap water contains a small amount of fluoride that helps prevent cavities.
 - Bottled water and tank water do not usually contain fluoride but are still a healthy drink choice.
4. Children do not need fruit juice or other sweetened drinks
5. Limit sugary foods
6. Healthy meals and snacks are important for healthy teeth
 - Enjoying a wide variety of healthy foods from all five food groups is best
 - Milk, yogurt, cheese (and their alternatives) are excellent source of calcium that helps grow strong teeth
7. Children should have seen a dentist by the time they start school
 - Having early and regular dental checks helps spot problems early when they are easier to treat
 - There are free local dentists for all children under 18
8. Talk to your dentist about how often you should visit
9. See a dentist if your child damages their teeth or face
 - If your child knocks out a baby tooth, do not attempt to put it back in place, this may damage the adult tooth underneath.
 - If an adult tooth is knocked out
 - Hold it by the smooth white part and avoid touching the root
 - Gently rinse it with milk or saline, not tap water, do not scrub the tooth
 - If the person is conscious, you should gently put the tooth back in the socket
 - Hold the tooth in place by having the person gently bit down on a piece of fabric
 - Contact an oral health professional immediately.
10. Wear a mouth-guard during contact sport or activities where there is a risk of injury to the face.

