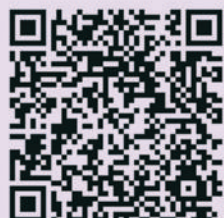


## Contact numbers for Public Dental Services

Local Health District	Phone number
Sydney and South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW, Mid North Coast and Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee and Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West and Western NSW	(02) 6809 8621 or 1300 552 626

General dental treatment for children under 18 years of age is free at all NSW Public Dental Services. Some children may also be eligible for the [Commonwealth Child Dental Benefits Schedule \(CDBS\)](#) which is bulk billed in public dental services.

## Check our website for more help and resources



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have regular dental check-ups

# Healthy mouths for kids under 5

## Help for parents and carers



## Did you know?

- Baby teeth are important. They help with eating, talking and how a child looks.
- Tooth decay can begin as soon as a baby gets their first tooth, at around 6 months.
- Once a child gets tooth decay it can get worse quickly.
- Tooth decay can cause pain and infection.
- Children with tooth decay may have trouble eating, sleeping and talking.
- Young children with tooth decay may need to go to hospital to have their teeth treated.

## What causes tooth decay?

- Bacteria (germs) in the mouth feeding on the sugary drinks and starchy food you eat can damage teeth.
- Putting your baby to bed with a bottle with something sweet in it like milk, formula, fruit juice, soft drink or cordial.
- Constantly sipping on sugary drinks throughout the day.
- Drinking fruit juice, cordials and soft drinks between meals.
- Eating food like cakes, biscuits, pastries and lollies between meals.
- Eating savoury snacks that stick to teeth like potato chips, puffed rice, corn crackers and crispbreads.
- Not brushing teeth twice a day with a fluoride toothpaste.

## How to keep teeth healthy

### Brushing teeth

As soon as your baby's teeth appear, brush them morning and night with a soft toothbrush and water.

From 18 months brush your child's teeth, morning and night, with fluoride toothpaste.

Help your child brush their teeth until they are 8 years old.



### Dental check-ups

Have your child's teeth and gums checked at all child health visits.

Have your child's teeth checked by a dental practitioner:

- by their **1st** birthday
- on a **regular** basis, and
- **before** they start school.



## Food and drinks

Offer your child healthy snacks like cheese, vegetable sticks, fresh fruit, and plain yoghurt.

A cup can be offered at around 6 months of age.

You can offer water, expressed breast milk or infant formula from a cup.



## How to brush

- ✓ Use a toothbrush with soft bristles and small sized head.
- ✓ Brush twice a day.
- ✓ Use a fluoride toothpaste.
- ✓ Spit out toothpaste but don't rinse with water.



Brush in the morning and at night before going to bed.



Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.



Brush on the outside of the teeth using a circular motion. Start on one side and go all the way to the other side of the mouth.



Brush on the inside surface of every tooth making sure that you clean down to the gums.



Gently scrub the surfaces of the top and bottom teeth. Start on one side and follow all the way to the other side of the mouth.