



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 a hole in a tooth it can get worse quickly.
- Tooth decay can cause pain, and infection.
- Children with tooth decay can have trouble eating, sleeping and talking.
- Children with bad tooth decay may need to go to hospital.



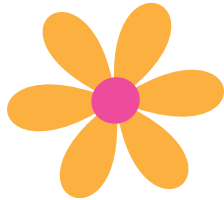
NSW Public Dental Service Phone Numbers

General dental care is free for all children under 18 years of age in NSW public dental services.

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



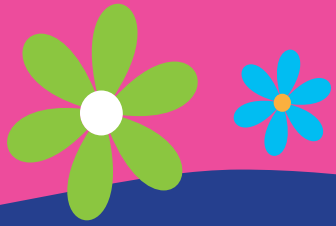
Healthy mouths for kids under 5



For further information, please visit:

www.health.nsw.gov.au/oralhealth

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What causes tooth decay?

- Germs in the mouth feed on sugary food and drinks and can cause tooth decay.
- Putting a baby to bed with a bottle with something sweet in it like juice, milk or formula, soft drink or cordial.
- Sucking on a bottle with something sweet in it.
- Eating sugary, sticky food like cakes, biscuits, pastries, lollies and chocolate between meals.
- Drinking sugary drinks like fruit juice, cordials and soft drinks between meals.
- Not brushing teeth twice a day with a fluoride toothpaste.



How to keep teeth healthy

Eat well

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



Drink well

- Breast milk is best for your baby.
- Teach your baby to drink from a cup from around 6 months. Only put water, formula, or milk in the cup.
- Make tap water your family's drink.



Clean well

- 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 an appropriate fluoride toothpaste.
- Help your child with brushing until they are 8 years old.



Stay well

- Have your child's teeth checked at all child health visits.
- Have your child's teeth checked by a dental professional by 2 years of age.
- Make a dental appointment before your child starts school.
- Keep your own teeth and gums clean and healthy.



Tooth decay is preventable

