



Baby teeth are important!

Tooth Tips for families

Early tooth decay can be hard to spot but if found early enough it can be stopped. Gently lift your child's lip and check the teeth carefully about once a month. Make a dental appointment if you see signs of decay.



Healthy teeth and gums



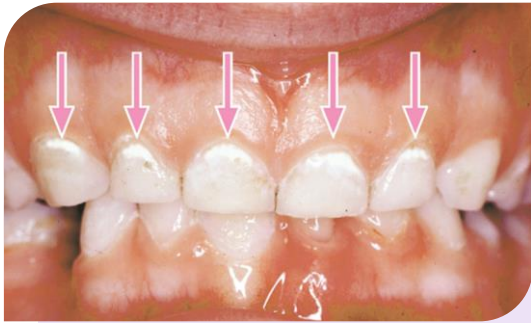
A healthy mouth

Gums are pink and teeth are not discoloured.

There is no plaque, the teeth are clean.

Note: plaque is the build-up of bacteria (germs) that forms a white sticky substance on teeth.

Signs of early tooth decay



Make a dental appointment now

Signs of early tooth decay

A dull, white band forms along the gum line.

If treated, teeth can recover.

If untreated, this can lead to a hole in the tooth.

Early tooth decay



Make a dental appointment now

Signs of early tooth decay

Brown spots on the teeth. Gums may look red and puffy.

A dentist can make a difference.

Advanced tooth decay



Make an urgent dental appointment

Advanced tooth decay

Yellow, brown or blackened areas that don't brush off. Gums may look red and puffy.

This level of decay may cause pain, sleeping problems and eating problems.

For healthy teeth

- **Clean teeth as soon as the first tooth appears.**

Under 18 months of age:

Use a soft brush and water only under 18 months of age. You can also wipe teeth with a soft wet cloth.

From 18 months to 6 years of age

Brush with a pea sized amount of **low fluoride** children's toothpaste.

From 6 years of age

Brush with a pea sized amount of **standard** toothpaste.

No fluoride in your drinking water?

Talk to your dentist about the right toothpaste for your child.



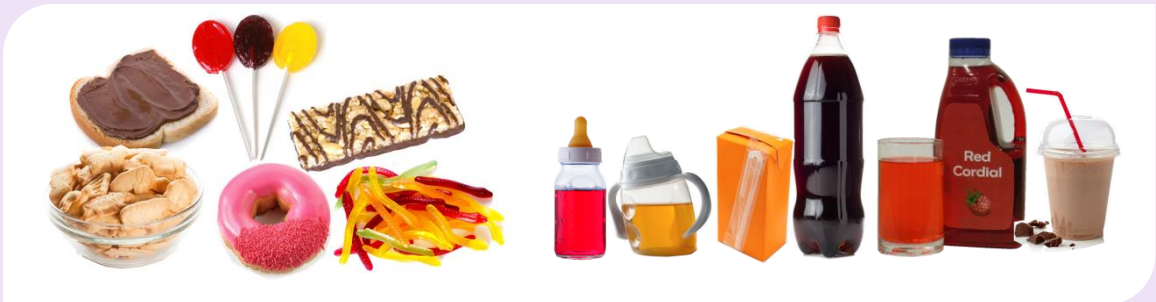
- **Don't put baby to bed with a bottle.**



- **Start drinking from a cup from 6 months and phase out bottles by 12 months of age.**



- **Limit sweet foods and drinks.**



- **Have a regular dental check**

Every child should have their teeth checked by two years of age. This might be done by a maternal and child health nurse, family doctor, dentist or other oral health professional.

All children up to 12 years of age can go to the public dental service. It is free for health care card holders and low cost for others. To find your nearest public clinic call (03) 9341 1000, or 1800 833 039 (outside Melbourne Metro), or visit www.dhsv.org.au. You can also visit www.yellowpages.com.au or www.ada.org.au to find a private dentist.



Talk to your dentist, maternal and child health nurse or family doctor for further information.