

Keeping Teeth Healthy

SOCIAL MEDIA TILES

Share the below images and messages on social media, in newsletters, and via parent portals. Simply click to download the images and start sharing. If you're sharing on social media don't forget to use the hashtag #KeepingTeethHealthy



WHEN TO SHARE THE KEEPING TEETH HEALTHY SOCIAL MEDIA TILES?

You can share these tiles at any time throughout the year. Below are a few good opportunities to share these messages:

- World Oral Health Day (March)
- Dental Health Week (August)
- World Cavity Free Futures Day (October)
- International Children's Day (April)
- National Nutrition Week (October)
- World Smile Day (October)
- National Smile Day (April)
- Children's week (October)
- Universal Children's Day (November)



You can access the Keeping Teeth Healthy resources, [here](#). For additional oral health resources and information visit www.dhsv.org.au



dental health
services victoria
oral health for better health



SOCIAL MEDIA TILES



Did you know?
Putting a baby to bed with a bottle can cause tooth decay.

DRINK WELL

dental health services victoria
oral health for better health

To protect your baby's teeth, avoid putting them to bed with a bottle. Formula and milk can pool on the teeth and lead to tooth decay.

#Drinkwell #healthyteethforlife
#KeepingTeethHealthy

Many foods marketed to babies and toddlers are packed with added sugar.

EAT WELL

dental health services victoria
oral health for better health

Babies and toddlers have no preference for sweet foods – sweet flavours are something they get used to if they have them often. Ready-made baby/toddler foods often have added sugars that increase their risk of tooth decay. Fruit and vegetables make a healthy and delicious snack option for babies and toddlers.

#Eatwell #healthysnacks
#KeepingTeethHealthy

Help your child to brush twice a day, morning and night.

CLEAN WELL

dental health services victoria
oral health for better health

Most children will need help to properly brush their teeth until at least 8 years old. Set your child up with good habits for life by helping them to brush correctly in the morning and before bed. A low fluoride toothpaste can be used from 18 months of age until your child is 6 years old. For more information on how to brush your child's teeth visit: <https://www.youtube.com/watch?v=oVrkLUMAh90&list=PLcAjB30TLQIG-fJNh15ymv2mgZXwHODXJ&index=5>

#Cleanwell #healthyhabits
#KeepingTeethHealthy

Water is the best drink for healthy teeth!

DRINK WELL

dental health services victoria
oral health for better health

Tap water across most of Victoria contains fluoride. Fluoride strengthens the outer protective layer of our teeth – against decay. If you don't have access to fluoridated drinking water, ask your dentist how you can support your family's oral health. For more information visit: <https://www.health.vic.gov.au/water/water-fluoridation>

#Drinkwell #tapwaterisbest
#KeepingTeethHealthy

Cheese and plain yoghurt can help protect your teeth.

EAT WELL

dental health services victoria
oral health for better health

Unsweetened dairy products like plain yoghurt and cheese are a great healthy snack. The minerals in these foods can help strengthen our teeth to protect against tooth decay. These foods can also act to neutralise acids produced by bacteria in the mouth to keep our teeth healthy.

#Eatwell #strongteeth
#KeepingTeethHealthy

Baby teeth are important too.

CLEAN WELL

dental health services victoria
oral health for better health

Baby teeth help kids eat, talk and smile. They also help to guide the permanent teeth into position. Find out more about how to take care of your child's oral health here: <https://www.youtube.com/watch?v=LVw488a4F4o&list=PLcAjB30TLQIG-fJNh15ymv2mgZXwHODXJ&index=3>

#Cleanwell #teethforlife
#KeepingTeethHealthy