

Oral health milestones and messages

for Maternal and Child Health Nurses



dental health
services victoria
oral health for better health

birth

TEETH BEGIN FORMING IN UTERO AND CONTINUE TO DEVELOP UNTIL ERUPTION

- Put baby to bed without a bottle
- Even before teeth appear, you can wipe gums using a damp, clean face washer



FROM THE FIRST TOOTH UNTIL 7-8 YEARS

- Help children to brush morning and night
- Use a toothbrush with a small head and soft bristles

6
MONTHS

TOOTH ERUPTION MAY BEGIN

- Clean teeth as soon as they appear
- Brush or wipe teeth with water only until 18 months old
- Introduce a cup
- May see signs of teething

8
MONTHS

CENTRAL INCISORS PRESENT

- Children should only drink water in addition to breastmilk or infant formula
- Children don't need sweet drinks, including fruit juice

► **Mouth check**

12
MONTHS

1ST UPPER MOLARS BEGIN TO ERUPT AFTER 12 MONTHS

- Have a dental check-up by 12 months
- Phase out bottles by 12 months
- Enjoy a wide variety of healthy family foods
- Offer plenty of tap water

18
MONTHS

1ST LOWER MOLARS MAY BEGIN TO ERUPT

- Start using a small pea-sized amount of children's low fluoride toothpaste
- After brushing, spit out toothpaste but don't rinse

► **Mouth check**

► **Toothbrushing demonstration**

2
YEARS

23-33 MONTHS 2ND MOLARS MAY BEGIN TO ERUPT

- Children don't need sweet drinks, including fruit juice

► **Mouth check**

3.5
YEARS

CHILD SHOULD HAVE 20 BABY TEETH

- Enjoy healthy meals and tooth-friendly snacks
- Offer plenty of tap water

► **Mouth check**

6
YEARS

1ST PERMANENT MOLARS MAY ERUPT. BABY TEETH START TO SHED

- Children can begin using standard fluoride toothpaste

8
YEARS

UPPER LATERAL AND CENTRAL PERMANENT INCISORS ERUPT

- Most children can brush teeth unaided by 7-8 years

Oral health resources to share with families

Deadly Tooth Tips

Three posters
A4 size



Tip sheet
Tri-fold pamphlet

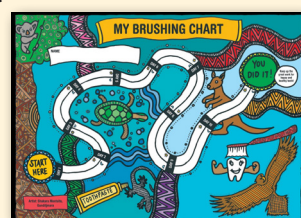


Toothbrushing charts

It's fun to brush



My brushing chart



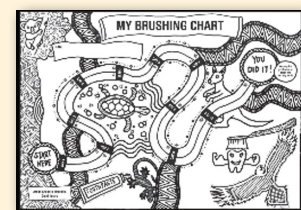
Support for families

Caring for teeth and gums 0 - 6 years
Available in multiple languages



Save links
to your
desktop for
easy access

My brushing chart
Colouring in
version



6 Tips to help kids brush
Plus books, apps & videos



Toothbrushing
with babies
0 - 18 months



Let's get ready for bed
Bedtime routine chart



Toothbrushing
with toddlers &
preschoolers
18 months -
6 years

