Drinks to have every day

Tap water with fluoride is the best drink for healthy teeth. Low fat milk can be given to children 2 years of age and over.

- Tap water with fluoride
- Breast milk or infant formula (for babies)
- Plain milk

Foods to have every day

Foods from these five food groups are best for you and your family. Low fat milk, cheese and yoghurt can be given to children 2 years of age and over.

- Breads, cereals, rice, pasta, noodles and other grains
- Vegetables and legumes
- Fruit
- Milk, yoghurt and cheese
- Lean meat, fish, chicken, eggs and legumes

Toothbrushing

Clean all surfaces of the teeth and gums twice a day. In the morning and before bed.

- Use a wet face washer or small soft toothbrush without toothpaste.
- Use a soft toothbrush (a small one for children) and a pea sized amount of low fluoride toothpaste.
- Use a small soft toothbrush with a pea sized amount of regular fluoride toothpaste.
Foods and drinks to limit

Soft drink  Flavoured milk  Cordial  Juice  Lollies, chips, chocolates, fruit bars, sweet biscuits, cake and sweet spreads

Bottle feeding

Always hold your baby when bottle feeding. Children can start drinking from a cup when they are 6 months of age. A bottle is not needed for a child older than 12 months of age. Do not put baby to bed with a bottle.

Dummies

If your child has a dummy, do not put anything sweet on it. Do not clean or put your child's dummy in your mouth.

Oral health check-ups

All children should have their teeth checked for early signs of decay by 2 years of age. This can be done by your maternal and child health nurse, family doctor or dentist. Regular checks are important for healthy teeth. Ask your oral health professional how often you and your child should have a check-up.

Public dental services in Victoria

- All children up to 12 years of age can use the public dental service.
- It is free for health care card holders and low cost for children without concession cards.
- Adults are also eligible for low cost treatment if they have one of these cards.
- Call (03) 9341 1000 or 1800 833 039 (outside Melbourne Metro) or visit www.dhsv.org.au/clinics to find your nearest public clinic.
- You can also check the yellow pages to find a private dentist.