Everybody needs strong, healthy teeth to chew food, help to talk properly and have a big smile! It is important to start brushing your baby’s teeth as soon as their teeth come through. Mum and dad can lead the way by regularly brushing their teeth too.

**Tips to keep kids’ teeth healthy:**

- Use a soft toothbrush and a small amount of kids toothpaste
- Encourage them to spit out the toothpaste after brushing their teeth. Do not rinse their mouth with water
- Brush teeth twice a day
- Do not give your kids sugary drinks like fizzy drinks, juice and cordial because it will rot their teeth
- Do not give your kids sweet and sticky foods because it will rot their teeth.
Tips for mum and dad:

» Breastmilk helps prevent your baby's teeth from rotting

» When your baby starts to teethe, let them chew on teething objects, rub baby's gums or use teething gel

» Brush your teeth when you brush your kids' teeth

» Do not put a spoon or food into your mouth before giving it to your baby. This can lead to tooth decay

» Try not to use dummies or let your kid fall asleep with a bottle.

For more information contact: CALL 13 HEALTH (13 43 25 84)

These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week. All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you and your child’s health.

FS262 developed by Good Start program. Updated: June 2017.