



Give your child's teeth a healthy start

Children need baby teeth to:-

- eat and grow
- talk clearly
- give shape to jaws and face
- keep space for the adult teeth
- smile and feel good

DO

Give your child



Breast milk



Tap water after 12 months



Cow's milk after 12 months



Around 6 months, your child can start to eat from a spoon. Start with smooth foods.



DO NOT

Do NOT give your child



Soft drink



Fruit juice



Flavoured milk



Cordial



Coffee or tea

If your child has a dummy, DO NOT put anything sweet on it.



Do not clean your child's dummy in your mouth. Avoid sharing spoons with your child.



Bottle feeding



Take the bottle away when your child has finished drinking.



At 6 months your child can use a cup.



Put your child to bed **WITHOUT** a bottle.



DO NOT let your child keep sucking on the bottle for too long. Give up the bottle by 12 months



Cleaning your child's teeth



0 – 17 months, no toothpaste



18 months - 5 years, use low fluoride children's toothpaste



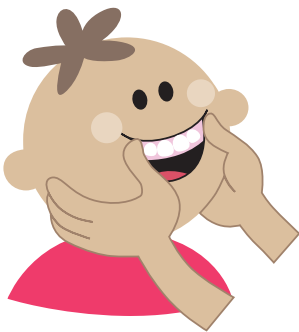
Even before any teeth arrive wipe your baby's gums after feeds with a damp, clean cloth.



Clean your child's teeth as they come through.



Lift the lip



Lift your child's lip at least once a month to check for early signs of decay e.g. white lines along the gum line. This can be reversed, so visit your dental practitioner now.

More advanced decay can look like yellow or brown spots on the teeth. If left untreated decay can quickly become severe, causing pain and infection.

If you notice any changes in your child's teeth, seek advice from your dental practitioner.



Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



Communications Officer, Dental Health Services
Locked Bag 15, Bentley Delivery Centre, WA 6983



(08) 9313 0555



publications@dental.health.wa.gov.au



www.dental.wa.gov.au



Original concept developed by SA Dental Service.