

# BABY TEETH

## *are important*

# CARE FOR THEM

### **Baby teeth are important**

*They help your child to eat and speak properly.*

### **Free dental care**

*Your pre-school child can get free dental care at a school dental clinic. Talk to your health worker, or your local school to find out where your nearest clinic is.*

### **Toothbrushing feels good**

*A little mouth needs a small, soft toothbrush with just a smear of fluoride toothpaste.*

*Children learn by copying you or other family members.*

*Get them in the habit of cleaning their teeth twice a day.*



## The more often your children have sweet things the more likely they are to get tooth decay

*If you give your child sweet food and drinks it is better to do it at mealtimes.*

*Give snacks such as bread, cheese, yoghurt, pieces of fruit and raw vegetables between meals.*

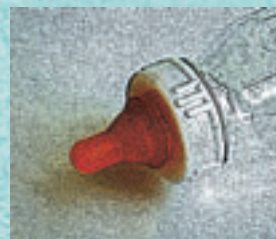
*Water is best, but if your child has juice, just add a little juice to water.*



## Sweet drinks in children's bottles can harm baby teeth

*Sugar in sweet drinks, fruit juice or sweetened milk can cause tooth decay.*

*If your child falls asleep with a bottle take the bottle away.*



## Don't put sweet things on a dummy

*Honey, sugar or other sweet things on a dummy can harm your child's teeth.*



WellChild



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HEALTH

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