

### Did you know?

- Baby teeth are important. They help with eating, talking and how a child looks.
- Tooth decay can begin as soon as a baby gets their first tooth, at around 6 months.
- Once a child gets a hole in a tooth it can get worse quickly.
- Tooth decay can cause pain, and infection.
- Children with tooth decay can have trouble eating, sleeping and talking.
- Children with bad tooth decay may need to go to hospital.

Contact telephone numbers for Local Health Districts	
Local Health District	Phone Number
Sydney South Western Sydney	02 9293 3333
South Eastern Sydney Illawarra Shoalhaven	1300 134 226 1300 369 651
Northern NSW Mid North Coast Hunter New England	1300 651 625
Central Coast Northern Sydney	1300 789 404
Murrumbidgee Southern NSW	1800 450 046
Western Sydney Nepean Blue Mountains	02 9845 6766 1300 739 949
Far West Western NSW	1300 552 626

For eligibility criteria go to:  
<http://www.health.nsw.gov.au/cohs/contacts.asp>

Further copies can be downloaded from NSW Health Website:  
[www.health.nsw.gov.au/cohs/resources.asp](http://www.health.nsw.gov.au/cohs/resources.asp)  
 or ordered from Better Health Centre -  
 Publications Warehouse (02) 9887 5450

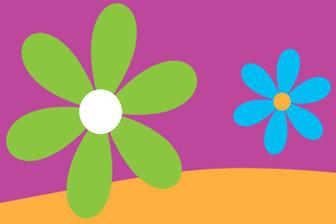
Multicultural Website: [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

2013 SHPN: (CoHS) 130186



## Healthy mouths for kids under 5

second edition



### What causes tooth decay?

- Germs in the mouth feed on sugary food and drinks and can cause tooth decay.
- Putting a baby to bed with a bottle with something sweet in it like juice, milk or formula, soft drink or cordial.
- Sucking on a bottle with something sweet in it.
- Eating sugary, sticky food like cakes, biscuits, pastries, lollies and chocolate between meals.
- Drinking sugary drinks like fruit juice, cordials and soft drinks between meals.
- Not brushing teeth twice a day with a fluoride toothpaste.



## How to keep teeth healthy

### Eat well

- Offer your child healthy snacks like cheese, vegetable sticks, fresh fruit, and plain yoghurt.



### Drink well

- Breast milk is best for your baby.
- Teach your baby to drink from a cup from around 6 months.
- Give tap water to babies and children in-between meals.



### Clean well

- As soon as your baby's teeth appear, brush them morning and night with a soft toothbrush and water.
- From 18 months brush your child's teeth, morning and night, with an appropriate fluoride toothpaste.
- Help your child with brushing until they are 8 years old.



### Stay well

- Have your child's teeth checked at all child health visits.
- Have your child's teeth checked by a dental professional by 2 years of age.
- Make a dental appointment before your child starts school.
- Keep your own teeth and gums clean and healthy.



Tooth decay is preventable

