

## Cleaning your child's teeth



You can start cleaning your child's teeth with a clean cloth or a small, soft toothbrush.

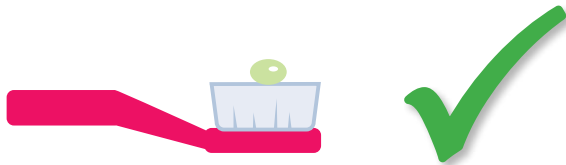
Clean your child's teeth as they come through.



## Toothpaste

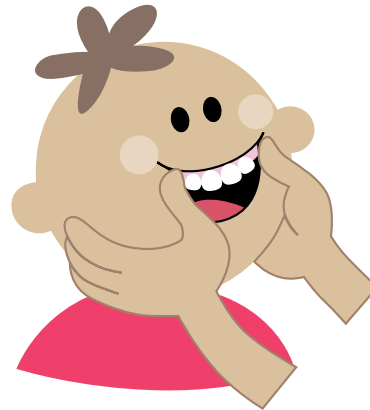


0 – 17 months, no toothpaste



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

## Lift the lip



Lift your child's lip once a month to check for early signs of decay. White lines along the gum line can be the beginning of tooth decay.

More advanced decay can look like brown spots on the teeth.

Please seek dental advice if you notice any changes in your child's teeth.

## Give your child's teeth a healthy start

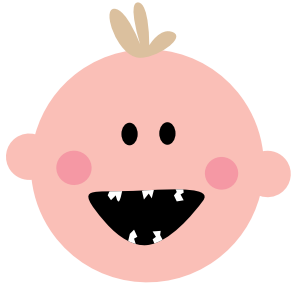


### For more information contact

Oral Health Services, NT  
Telephone: **8922 6466**  
[www.health.nt.gov.au/oral\\_health](http://www.health.nt.gov.au/oral_health)



Government of South Australia  
SA Health



**Stop your child's teeth rotting!**

**Breast milk is best**



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



## Give your child



Breast milk



Tap water after 6 months



Cow's milk after 1 year

## Bottle feeding



Take the bottle away when your child is finished drinking.

DO NOT let your child keep sucking on the bottle for too long. Give up the bottle by 1 year.

## DON'T Give your child



Soft drink



Fruit juice



Flavoured milk



Cordial



Coffee or tea



At 6 months your child can use a cup.

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



Clean your child's dummy under running water, NOT in your mouth. Avoid sharing spoons with your child.

Put your child to bed WITHOUT a bottle.

