

TOOTH TIPS

for parents, grandparents & carers



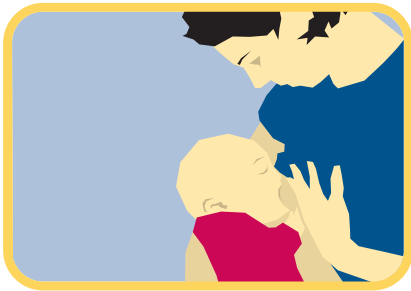
0-12
MONTHS

Eat Well



- Provide your baby with a wide variety of nutritious foods, such as finely mashed fruit and vegetables, yoghurt, legumes and meats.
- Introduce solid foods at around 6 months.
- Do not add sugar or honey to your baby's food or dummy.

Early Feeding



- Encourage and support breastfeeding.
- Remove your baby from the breast when feeding is complete.
- If you are bottle feeding:
Always hold your baby when feeding.
Remove the bottle when your baby has had enough.
Do not put your baby to bed with a bottle.

Drink Well



- Introduce a cup at 6 to 8 months.
- Encourage your child to use his or her cup as often as possible.
- Offer your child only cool boiled water, breast milk or appropriate infant formula.
- A bottle is not necessary after 12 months.

Clean Well



- Clean your baby's teeth as soon as they appear, by wrapping a clean damp face washer or gauze around your finger and wiping each tooth front and back.
- Clean your baby's teeth twice each day (after meals and before bed).

Mouth checks are suggested activities included in the 6-8 and 12 month health assessments with the maternal and child health nurse. Consult your dental professional, maternal and health nurse, family doctor or paediatrician for further information.

TOOTH TIPS

Teething

0-12
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Teething

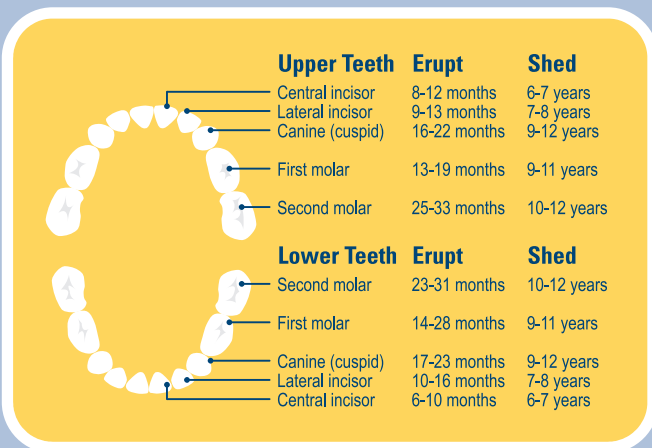
- Some children may feel discomfort as new teeth emerge (from about 6 months).
- Possible signs of teething include:
 - Irritability;
 - Restlessness by day and sleeplessness by night;
 - Increased dribbling;
 - Gums may appear red and swollen and if pressed, may feel hard and pointed;
 - Children may be more choosy about food;
 - Children may place objects or fingers in their mouth and bite on them.

Temporary Relief

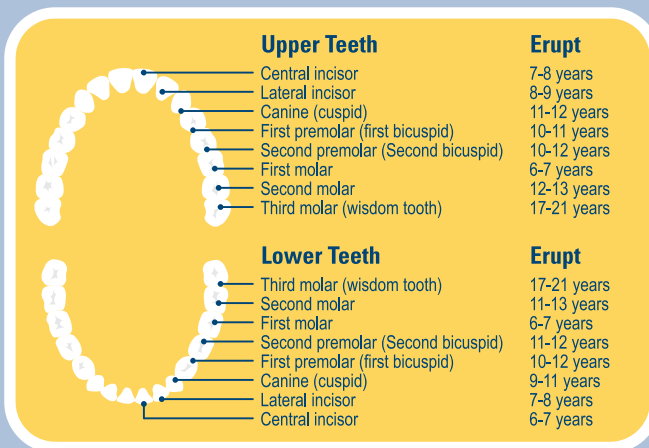
- Give your child something to bite on such as a cold teething ring, rusk or toothbrush.
- Store teething soothers / rings in the fridge to keep them cool.
- Unsalted rusks may be useful for temporary relief. Do not offer acidic or sugary food or drink.
- Seek dental or medical advice if symptoms continue.

Sequence of tooth eruption

Deciduous (first/baby) teeth



Permanent (adult) teeth



Consult your dental professional, maternal and child health nurse, family doctor or paediatrician for further information.

