

Tips for a healthy smile

- Start brushing the baby teeth as soon as they come through the gums.
- Brush twice a day with a smear of fluoride toothpaste and a soft brush.
- Choose healthy, tooth friendly foods.
- Avoid giving sugary drinks and snacks.
- Encourage water to be your child's first drink of choice.
- Lift the Lip every month to check for signs of tooth decay.
- Enrol your child at a dental clinic and have regular dental check-ups.

FOR INFORMATION ON HOW
TO LOOK AFTER YOUR
CHILD'S ORAL HEALTH VISIT:

nzda.org.nz/public

FOR INFORMATION ABOUT
THE COMMUNITY ORAL
HEALTH SERVICE:

Please call **0800 TALK
TEETH** [0800 825 583]

or search for 'publicly
funded dental care' on
health.govt.nz



Lift the Lip

to check for tooth decay

Early identification helps prevent or stop the progression of tooth decay.

GOOD



Twice daily brushing with fluoride toothpaste will help keep your child's teeth healthy.

WARNING



Chalky white spots or lines near the gums are signs of early decay. Seek dental care now for advice and treatment to help stop these chalky areas turning into cavities.

DANGER



Brown marks and cavities mean your child needs care now to prevent toothache and infections.

EMERGENCY



Broken teeth and abscesses mean your child will have toothache. They need dental care now to prevent more pain and the infection spreading.