Caring for your Baby/Toddler's Teeth

Baby teeth are important as they help your child to eat and to speak properly.

To give your child's teeth the best start we encourage you to:

- Brush teeth two times a day with fluoride toothpaste
- Give your child water to drink when thirsty, it is fresh and free
- Don't let your child sleep with a bottle in its mouth
- Keep sweet foods to meal times and try to give teeth a rest of 2 hours between eating
- Give sugar free snacks such as bread, cheese, vegemite, fresh fruit, vegetables, egg, plain crackers

To help prevent decay on your baby's teeth AVOID:

- Juice or sweet drinks, especially in their bottle
- Honey and other sweet things on a dummy
- Adding sugar and other sweeteners to first foods
- Foods that are high in sugar such as: muesli bars, fruit strings/snakes, lollies, chocolate, dried fruit and roll ups





For more information please contact your local Community Dental Clinic or phone 0800 Talk Teeth - 0800 825 583 or visit website: www.ards.co.nz





Cleaning your Baby/Toddler's Teeth

It is important to start cleaning your baby's teeth as soon as they appear:

- At first, wipe the teeth with a soft damp cloth after feeding
- As more teeth appear start using a small, soft toothbrush morning and night
- Use a small amount of toothpaste (no bigger than a cooked grain of rice)

How to clean your child's teeth:

- Sit or lie your baby on your lap, or stand behind your toddler, both facing the same way and reach around their head to brush their teeth
- 2. Lift the top lip and brush all top teeth in a downward motion
- 3. Gently lower the bottom lip and brush all bottom teeth in an upward motion
- 4. With an open mouth brush the biting surfaces of all teeth
- 5. Check you have brushed both the cheek and the tongue sides of the teeth
- 6. After brushing, encourage your child to spit the toothpaste out but not rinse with water

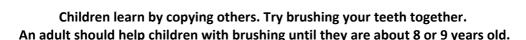


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