

# Looking after your child's teeth.



## Early Dental Care

Starting dental visits early for your child helps prevent future dental problems.



## Healthy Habits

Teach good oral hygiene, such as brushing twice daily and start flossing regularly when your child's teeth begin to touch.



## Lead by Example

Show good oral hygiene by brushing your own teeth with your child.



## Supervised Brushing

It's important to help your child brush their teeth until they can do it well by themselves, usually around age 8.



## Watch What you Eat

The food children eat affects their teeth. Limit sugary snacks and drinks to keep their teeth strong.



## Clean well.



Brush teeth and gums twice daily. Schedule a dental check-up by age 2.

Eat a variety of nutritious foods daily and limit added sugars. Healthy meals and snacks support healthy teeth.



## Eat well.

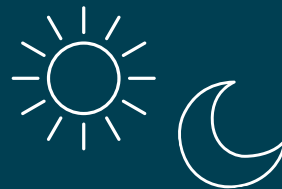
Avoid sugary drinks. Choose plain milk over flavoured milk.



## Water is best.

## Routine.

Create a daily routine for brushing teeth. Supervise brushing until your toddler can brush well on their own, around age 8.



## Prevention.

Discuss the importance of early dental care with your health professional.



For more information about promoting oral health, please visit: [health.vic.gov.au](http://health.vic.gov.au)



## Learn more.