Check your child’s teeth

LIFT the LIP
and look inside

Look for early signs of tooth decay once a month

Healthy Teeth

- White lines along the gum line
  - Make a dental appointment now

- Brown or yellow spots that don’t brush off
  - Make an urgent dental appointment

Talk to your Doctor or Nurse about your child’s teeth

Keep your child’s teeth healthy with 3 easy steps

- Put your baby to bed without a bottle
  (stop the bottle at around 12 months of age)

- Start drinking from a cup at around 6 months of age
  (boil tap water until 12 months of age)

- Start brushing when your baby gets their first tooth
  (use low fluoride toothpaste from 18 months of age)


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