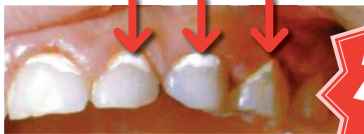


Look for early signs of tooth decay once a month

STAGE 1 Healthy Teeth

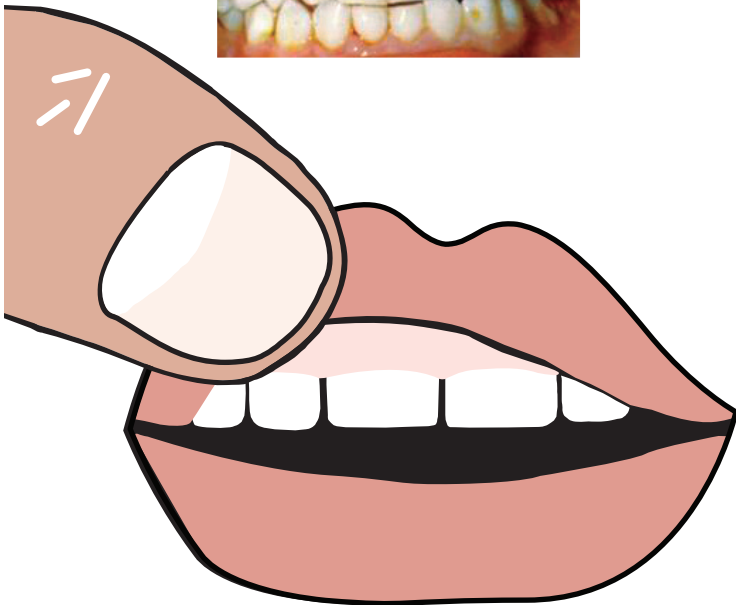


STAGE 2 Whitish lines along the gum line



**SEEK
DENTAL
ADVICE
NOW!**

STAGE 3 Brown or yellow spots that don't brush off





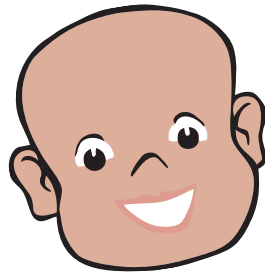
LIFT *the* LIP

Check your child's teeth



Photo Source: TAS & WA
Oral Health Services and
www.mchoralhealth.org
Graphics Source: Calgary
Health Region 2001

Keep your child's teeth healthy



- EAT WELL**
- Breast milk is best for your baby
 - Offer healthy food for meals and snacks from around 6 months of age
- DRINK WELL**
- Tap water (boiled until 12 months of age) is the best drink in-between meals and at bedtime
 - Putting your baby to bed with a bottle can cause tooth decay
- CLEAN WELL**
- Keep your own teeth and gums clean and healthy
 - Brush your baby's teeth twice a day with a soft small toothbrush and water. Use a pea-sized smear of low fluoride toothpaste from around 18 months of age
- STAY WELL**
- 'Lift the lip' to look for early signs of tooth decay
 - Have your child's teeth checked by a health professional before their first birthday

For more information ask your Dentist or Dental Therapist, or your local Child and Family Health Nurse