



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



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

## Brown or yellow spots that don't brush off



Make an  
urgent dental  
appointment

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)