

HOW TO keep your teeth HEALTHY



1

Eat well

to keep your teeth healthy



Healthy Options:
vegetables, legumes, fruit,
cheese, yogurt, bread or nuts.



Avoid **unhealthy** sugary
foods such as cake, biscuits,
ice cream or chocolates.

2

Drink well

drink tap water, it is safe and
protects your teeth



Tap water is best.
It contains fluoride, which helps
to protect your teeth.



Avoid **sugary drinks** such as,
fruit juice, soft or fizzy drinks.

3

Clean well

brush your teeth in the
morning and night



Use **fluoride toothpaste**
and a toothbrush with a
small head and soft bristles.

Brushing your teeth and
gums helps to reduce the
amount of bacteria that
can cause problems in
your mouth.

4

Stay well

visit the dentist once a year
for a check-up and cleaning

Visit a dental clinic
for a check up,
don't wait until
it hurts.



Health
Centre for
Oral Health Strategy



Babies' Teeth

- Breast milk is best for babies and is the only food and drink they need until they are about 6 months old.
- Do not put your baby to bed with a bottle.
- Only put milk or water in bottles.
- Start using a cup at 6 months and stop using a bottle by 12 months old.



Children's Teeth

- Children's first teeth are important and need to be looked after carefully.
- You should help brush your child's teeth until they are about 8 years old.
- Take your child to a dental clinic for their first checkup before they turn 2.
- There are public dental clinic that will not cost any money.

Between visits to a dental clinic, check your child's teeth yourself.



Healthy children's teeth.



Make a dental appointment now.



Make a dental appointment now.



Get urgent dental treatment **NOW**.

FREE PUBLIC DENTAL CLINICS

Who can access free dental care from public dental services:

- All children **under 18 years of age** with a **Medicare Card**.
- Adults who have both a (1) **Medicare Card** and (2) **Centrelink Health Care Card** or **Pensioner Concession Card**.

Call TIS for an interpreter on **13 14 50**.

Local Health District	Phone Number
Sydney/South Western Sydney	02 9293 3333
Western Sydney/Nepean Blue Mountains	1300 739 949 or 02 9845 6766
Hunter New England/Mid North Coast/Northern NSW	1300 651 625
Northern Sydney	1300 732 503
Central Coast	1300 789 404
South Eastern Sydney	1300 134 226
Illawarra	1300 369 651
Southern NSW/Murrumbidgee	1800 450 046
Western NSW/Far West	1300 552 626