

How do I keep my baby's teeth healthy and strong?



Baby teeth are important for eating, talking and smiling. Here are tips to keep them healthy:

TIP
Stop using a bottle after 12 months.

TIP
Avoid giving fruit juice, sweet drinks or foods high in added sugar, as they can harm teeth.



To access the full digital guide 'From Starting Solids to Cooking for the Whole Family' visit melton.vic.gov.au/startingsolids or scan the QR code



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TIP

Offer tap water in an open cup or straw cup when your child asks for a drink (from 6 months).

TIP

If your baby is under 12 months give cooled, boiled tap water.

TIP

Offer water or milk in an open cup to help your child learn and grow.



TIP

Clean your child's teeth and gums twice a day with a small, soft toothbrush.

TIP

Use low-fluoride baby toothpaste after 18 months.

TIP

Have your child's teeth checked by a dentist before they turn 2.

TIP

The best way your baby learns is by watching you brush your teeth.

TIP

Use a wet cloth to wipe teeth as soon as you can see them come through the gums.

For more information, visit:



Babies and toddlers
dhsv.org.au



Dental care for baby teeth & gums
| Raising Children Network



Brushing teeth for kids: picture guide
| Raising Children Network

