Cleaning your child's teeth

Even before any teeth arrive, wipe your baby's gums after feeds with a damp, clean cloth.

You can start cleaning your child's teeth with a clean cloth or a small, soft toothbrush.

Clean your child's teeth as they come through.

Toothpaste

0 to 17 months, no toothpaste

18 months to 5 years,
use low fluoride children's toothpaste

Lift the lip

Lift your child's lip at least once a month to check for early signs of decay, such as white lines along the gum line.

This can be reversed, so visit your dentist now. More advanced decay can look like brown spots on the teeth.

If left untreated, decay can quickly get worse.

See a dentist if you notice any changes in your child's teeth.

Contact **Dental Health Services** at **dental.wa.gov.au** for more information.

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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Child and Adolescent Health Service
North Metropolitan Health Service
Dental Health Service
WA Country Health Service

Give your child's teeth a healthy start

Children need baby teeth to:

- eat and grow
- talk clearly
- give shape to jaws and face
- keep space for the adult teeth
- smile and feel good

Stop your child's teeth rotting!

Breastmilk is best.

Around 6 months, your baby can start to eat from a spoon. Start with smooth foods.

Give your child

breastmilk

tap water after 12 months

cow's milk after 1 year

DON'T Give your child

soft drink | fruit juice | flavoured milk | cordial | coffee or tea

If your child has a dummy, DO NOT put anything sweet on it.

Clean your child's dummy under running water, NOT in your mouth. Avoid sharing spoons with your child.

Bottle feeding

Take the bottle away when your child has finished drinking.

DO NOT let your child keep sucking on the bottle for too long. Give up the bottle by 1 year.

At 6 months your child can use a cup.

Put your child to bed WITHOUT a bottle.