Kindy and Pre-primary

Lift the lip

A healthy mouth helps everything feel better – no pain or discomfort. And it saves money.

Clean strong teeth help your child to talk, eat, smell, look and feel good. Ensure your child has a healthy mouth by following these simple steps:

❖ At least once a month ‘lift the lip’ and look at your child’s teeth for signs of decay.
❖ Until they’re about 8 years old, children can’t use a toothbrush properly. Help your child to brush, and check their brushing.
❖ Start by brushing ‘every bit of every tooth’ in the morning and before bed at night, using a soft-bristle brush.
❖ Use a pea-sized amount of low-fluoride toothpaste until 6 years of age.
❖ Get your child to spit the toothpaste out – NOT swallow or rinse after brushing.
❖ Drink fluoridated tap water (bottled water if not available) instead of sugary drinks. Water is the best and cheapest drink.
❖ Provide healthy meals and snacks for healthy teeth and body.
❖ If your child is still sucking their fingers, thumb or a dummy, encourage them to stop.

For more information, have a chat with a dental professional.

Healthy Teeth

Clean teeth with no marks on them, with firm gums, not bleeding.

Keep up regular dental checks.

Early sign of tooth decay

Rough ‘whitish’ marks on tooth near gums. This can be stopped and reversed.

Visit a dental professional now.

Tooth decay

More advanced decay can look like yellow or brown spots on the teeth. If left untreated, decay can quickly become severe, causing pain and infection.

Visit a dental professional urgently.

For more information contact your dentist.
Alternatively contact Dental Health Services at www.dental.wa.gov.au or on 9313 0555.