

Drink well

Healthy drinks are important for healthy teeth.

- Encourage your child to drink plenty of tap water.
- Plain milk is better than flavoured milk.
- Eat fresh fruit instead of drinking fruit juice.



Everyday drinks:

- Water
- Plain milk
- Soy milk with calcium.

Fluoride

- Helps protect teeth against decay.
- Is added to drinking water in some areas.
- Most Victorian households have access to fluoridated tap water.

To find more information on fluoride log onto www.health.vic.gov.au

Eat well

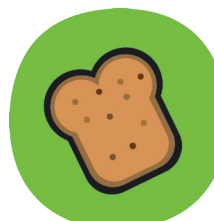
Children need to eat a variety of healthy meals and snacks.

- Limit packaged snacks such as biscuits and bars.
- Instead base snacks and meals on the everyday foods below.



Everyday foods include:

- Fruit – fresh or frozen
- Vegetables – raw, steamed and roasted
- Grains, breads and cereals – wholegrain and high fibre
- Cheese and yoghurt
- Lean meat, chicken, fish, lentils, beans, tofu, eggs, nuts and seeds.

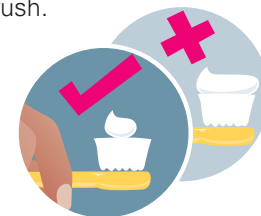


Dairy products like cheese and plain milk can help prevent tooth decay.

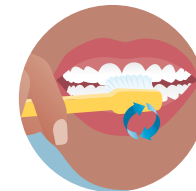
Clean well

How to brush teeth

- Use a pea sized amount of toothpaste on a small head, soft toothbrush.
- Use low fluoride toothpaste (for children aged 18 months to 6 years).
- Use regular fluoride toothpaste if your dentist or oral health professional tells you.



- Aim the toothbrush bristles at an angle towards the gum line.
- Move the brush in small circles over each tooth.



- Repeat for the inside surfaces of all teeth.



- For the back teeth, brush backwards and forwards.



- Spit out the toothpaste after brushing.
- You do not need to rinse, as the small amount of fluoridated toothpaste left in your mouth after spitting continues to protect against tooth decay.

Electric toothbrushes also do a good job of cleaning teeth.



Baby teeth are very important.

They help children to talk, eat and smile.

- Good oral health habits from an early age help to prevent problems as an adult.
- Everybody should brush their teeth twice a day; after breakfast and before bed.
- Help your child to brush their teeth until they are seven; most children are not able to use a toothbrush properly before they are seven.
- Even when children are able to brush themselves, they may need an adult to check they have brushed thoroughly.

Children should have an oral health check by the age of two.

For more information,
please visit our website at
www.dhsv.org.au



Limit sometimes foods:

- Muesli bars, fruit bars and snack bars made from breakfast cereals
- Sweet biscuits, cakes, slices, donuts
- Chocolates, lollies, lollypops
- High sugar spreads - honey, hazelnut and jam
- Ice cream and dairy desserts
- Dried fruits can leave a sticky coating which can harm teeth

Sweet foods can cause tooth decay.
Food and drinks high in sugar
(particularly added sugar) should be
limited, especially between meals.

For more information,
please visit our website at
www.dhsv.org.au



Limit sometimes Drinks:

- All fruit juices and fruit drinks
- Soft drinks (including diet varieties)
- Cordials
- Sports drinks
- Fizzy (carbonated) drinks
- Energy drinks
- Flavoured water and flavoured ice teas
- Flavoured milk and yoghurt drinks.

These drinks are high in sugar.
Sugar is linked to tooth decay.

For more information,
please visit our website at
www.dhsv.org.au

