

Congratulations on the arrival of your baby

A healthy mouth is a great start for Bub



Tips for parents

- Don't forget to take time for yourself.
- Brushing twice a day keeps teeth and gums healthy.
- Clean Bubs dummy with water, not in your mouth.



Scan this code for more information to keep your family's mouth healthy.

Top Tips for baby

- Falling asleep with a bottle can lead to dental problems.
- Clean baby's mouth and gums with a soft cloth.
- Baby's first teeth start coming through around 6 months.
- Introduce a cup from 6 months.
- Brush baby's teeth as soon as they appear with a small soft toothbrush and water.
- Check baby's front teeth by lifting their lip for early signs of tooth decay.
- Plan a dental check-up for your little one around their 1st birthday.



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have a regular dental check-up



Reminder

All children (under 18 years of age) who are NSW residents are eligible for **FREE** public dental care.

The Child Dental Benefit Schedule (CDBS) gives eligible children 2-17 years of age access of up to \$1,000 in dental benefits for over two calendar years.

health.nsw.gov.au/oralhealth

For a private dentist: ada.org.au/Find-a-Dentist

Ask your child and family health nurse or family doctor about your child's dental health at every health check.



More valuable oral health information can be found in your child's *My Personal Health Record* the 'Blue Book'.

health.nsw.gov.au/mybluebook