Give your child’s teeth a healthy start

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

Lift the lip
Lift your child’s top lip once a month to check for early signs of tooth decay. White lines on the top front teeth near the gum can be the beginning of tooth decay.

Please seek dental advice if you notice any changes in your child’s teeth. SA Dental Service recommends a dental visit at around 12 to 18 months.

Free dental care for ALL preschool children and no out of pocket costs for most children under 18 years at School Dental Service Clinics.

For more information contact
SA Dental Service
Health Promotion Division
GPO Box 864, Adelaide SA 5001
Telephone: 1300 008 222
Or visit www.sahealth.sa.gov/sadental

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**Stop tooth decay!**

**Breastmilk is best**

- Breastmilk or formula
- Cooled boiled tap water from 6-12 months
- Cow’s milk after 1 year

**Give your child**

- **Check:** Breastmilk or formula
- **Check:** Cooled boiled tap water from 6-12 months
- **Check:** Cow’s milk after 1 year

**Don’t give your child**

- **X:** Soft drink
- **X:** Fruit juice
- **X:** Flavoured milk
- **X:** Cordial
- **X:** Coffee/Tea

**If bottle feeding**

- Take the bottle away when your child has finished feeding.
- Baby should stop using the bottle by 1 year of age.
- At 6 months your child can use a cup.

**Stop tooth decay – Put your child to bed WITHOUT a bottle**

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

**If you are not breastfeeding, use infant formula**

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

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