



SA Dental Service

Oral care for
young people



- > Brush your teeth and gums each morning and before bed at night
- > Use a small soft toothbrush and a pea sized amount of adult fluoride toothpaste
- > Spit toothpaste out, don't rinse
- > Choose healthy snacks like fruit and cheese
- > Avoid frequent snacking, soft drinks and juices
- > Plain tap water is the best drink
- > Try chewing sugar free gum between meals to stimulate saliva, which helps protect teeth against decay
- > Visit your dental professional

To find your local clinic, call SA Dental Service on 8222 8222 or check the locality guide in the Yellow Pages for private dentist details.

www.sadental.sa.gov.au



**Government
of South Australia**

SA Health