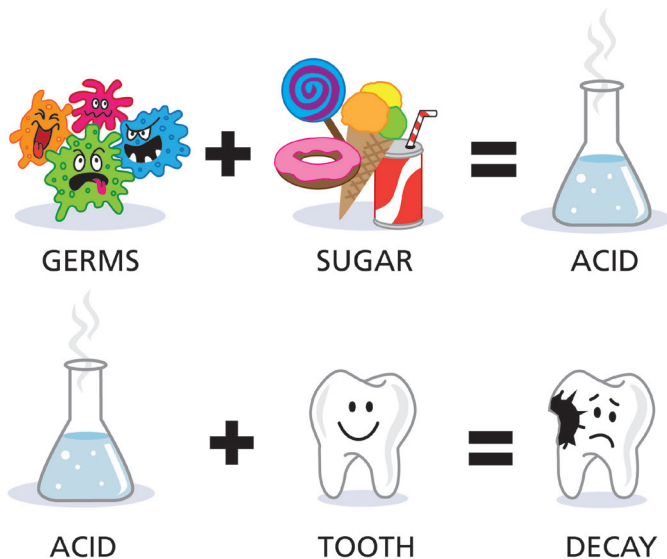


Last year, more than 2000 children aged under 8 in South Australia were hospitalised for dental treatment. This happens because parents are not sure how to care for their children's teeth!

Here's some tips to keep your teeth healthy

- 1 Dental care is free for all children from birth to 5 years at School Dental Service Clinics. Visit www.sahealth.sa.gov.au/sadental for more information
- 2 If your child hasn't already had a dental visit, now would be a good time to start
- 3 Tooth decay happens when germs in your mouth convert sugars into acid. Over time the acid weakens the tooth surface, causing decay. The good news is that tooth decay is preventable



- 4 Every time you have something sweet to eat or drink, acid is produced in the mouth
- 5 It takes about 20 – 30 minutes for saliva to neutralize the acid
- 6 If you snack often, the time acid is in contact with your teeth increases – and so does the risk of tooth decay
- 7 Help prevent tooth decay by limiting how often you have sugary food and drinks



- 8 Tap water is the best drink as most tap water in Australia contains fluoride which helps strengthen teeth and helps greatly to prevent tooth decay

- 9 Help prevent tooth decay by limiting how often your pre-schooler has fruit juice, soft drink and cordial
- 10 Help your child to brush twice a day. Use low dose children's fluoride toothpaste until your child is 6 years



- 11 Lift your child's top lip once a month to look for early signs of tooth decay. White chalky lines on the teeth near the gumline can be the beginning of tooth decay

