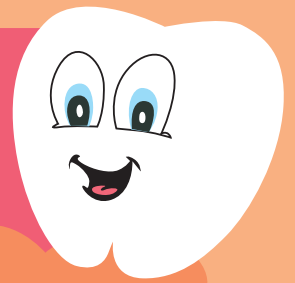


# TOOTH TIPS

FOR TODDLERS AND YOUNG CHILDREN



## CLEAN WELL

- Brush your child's teeth for them using a small, soft-headed toothbrush –supervise until 8 years old
- Brush 2x a day: morning AND last thing at night
- Brush all tooth surfaces – outside, top and inside
- Use toothpaste with at least 1000 ppm of fluoride—don't use low fluoride toothpastes like 'My First Colgate' or 'Macleans Milk Teeth'

## FLUORIDE

Makes teeth stronger and fixes early stages of decay



Spit,  
but don't  
rinse

Only a smear for  
under 6 years

Pea-sized from  
6 years

BRUSH  
TWICE A DAY  
FOR HEALTHY  
TEETH

## EAT WELL

- Give teeth a rest by keeping snacks to 2-3 times a day
- Offer tooth friendly snacks:



It is best to avoid giving your child sugary foods or drinks, but if you do, offer them at main mealtimes with other tooth-friendly foods and not as snacks. Offer them less than once a week.

## Offer water and milk



Drink tap water  
and plain milk  
everyday.



Avoid soft drinks, fruit juice,  
flavoured milk, cordial, milo,  
tea or coffee.

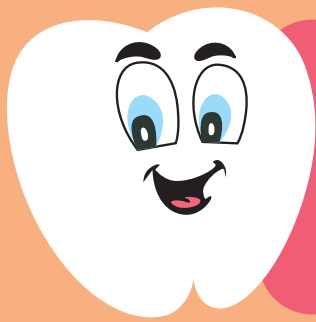
## DRINK WELL

- Drink tap water and plain milk every day
- Do not offer your child soft drink, fruit juice, flavoured milk, cordial, milo, tea or coffee



Visit the Community Dental Service at least once a year  
0800 846 983 (0800 TINY TEETH)

WellChildCore4Contact:15-18months



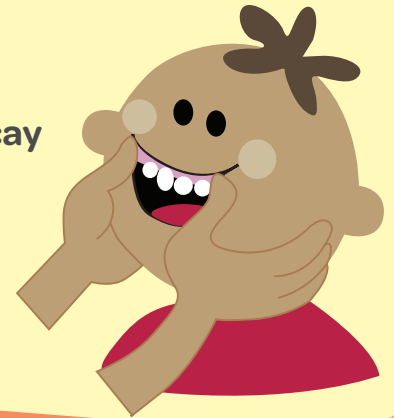
# TOOTH TIPS

## FOR TODDLERS AND YOUNG CHILDREN

### LIFT THE LIP

Lift your child's lip every month to check for signs of decay

- Look out for any white or brown spots near the gums.
- Decay happens fast - if you see anything abnormal, take your child for a dental check-up straight away!
- Make an appointment by calling 0800 846 983.



**Decay is preventable...**

### ROLE MODELLING

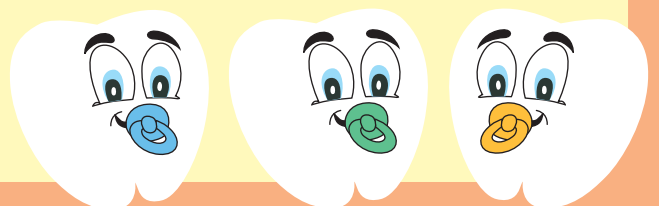
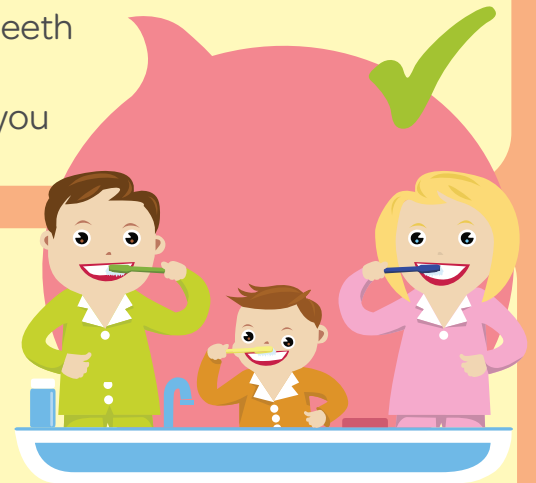
Your child will learn how to take care of their teeth by watching what you do

- Let your child watch you brush and floss your own teeth
- Choose healthy food and drink choices yourself
- Visit your dentist regularly and take your child with you

**Children watch what you do**

### THUMB, FINGER AND DUMMY SUCKING

- This is healthy, normal behaviour
- Most children stop this habit between 2 to 4 years of age
- Dental problems may occur if this habit continues beyond age 5 when permanent teeth may be affected
- If your child has a dummy, clean it under running water NOT in your mouth
- Dummy use should be discouraged by age 2



For more information on oral health visit:  
[www.cdhb.health.nz/health-services/community-dental-service/](http://www.cdhb.health.nz/health-services/community-dental-service/)

This resource is available from [healthed.govt.nz](http://healthed.govt.nz) or the Authorised Provider at your local health district.

**Health New Zealand**  
**Te Whatu Ora**

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Content derived from: New Zealand Dental Association. 2008. Healthy Smile, Healthy Child: Oral Health Guide for Well Child Providers. Auckland: New Zealand Dental Association.

**Community & Public Health**  
a division of  
Canterbury District Health Board