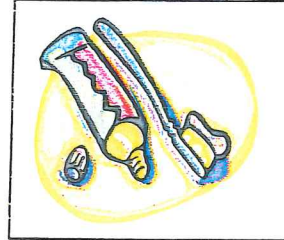


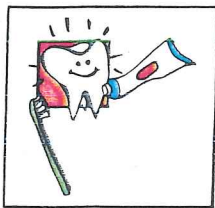
# Oral Health Advice for Parents

Brush baby's teeth as soon as they erupt using a small headed soft bristled brush and only a smear of family fluoride toothpaste.



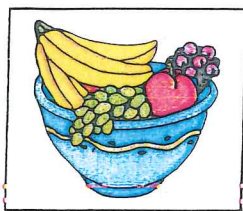
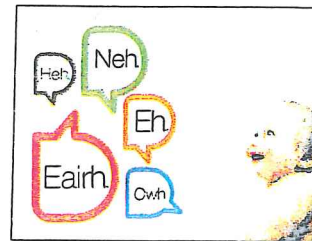
Put toothpaste onto a dry toothbrush and brush teeth for at least 2 minutes and, if possible, let the child spit out, do not rinse with water.

Brush before breakfast and the very last thing at night.



Children under 8 years of age do not have the skills to brush their own teeth. Supervised brushing is essential especially at bedtime

If baby has a dummy do not dip it in anything and do not let the child try to speak with it in its mouth.



Do not let your child snack on sugary food and drink, this causes tooth decay. Keep all sugary things to mealtimes. Give your child healthy food and drink in between meals.

Always ask for sugar free medicines.

Register your child with a dentist and take them with you on your next visit to the dentist.

