

# Healthy mouths, healthy kids

## Caring for children's teeth

► Most childhood dental disease can be prevented by 4 easy steps



**1 Brushing teeth**  
twice a day with  
fluoride toothpaste



**2 Flossing**  
daily



**3 Drinking tap water**  
It's sugar-free. And in  
almost all of NSW it contains fluoride,  
which protects teeth against decay.



**4 Visiting the dentist**  
for a check-up at  
least once a year



► Did you know  
tooth decay is  
the most common  
chronic disease  
in childhood?

Tooth decay occurs when bacteria in our mouths use sugars from foods and drinks to produce acids that attack tooth enamel (the hard outer layer of teeth). Tooth decay can cause pain, infection and tooth loss. Without treatment, it can destroy children's teeth and have a serious, lasting impact on their overall health and quality of life.

► Limit the amount of sugar consumed in foods and drinks



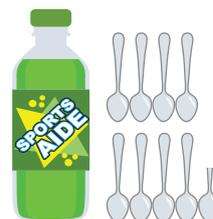
How much sugar do you drink?



**6 teaspoons**  
of sugar in one  
250ml cup of  
fruit juice



**7 teaspoons**  
of sugar in one  
300ml serve of  
flavoured milk



**8.5 teaspoons**  
of sugar in one  
600ml bottle of  
sports drink



**9 teaspoons**  
of sugar in one  
375ml can of  
soft drink



## How to brush

- Brush for two minutes twice a day, after breakfast and before bed
- Brush every surface of every tooth, all the way to the gums
- Use a gentle, circular motion to brush the outside surfaces (the ones that show when you smile) and the inside surfaces (the ones facing towards the back of the mouth)
- Gently scrub the chewing surfaces of the top and bottom teeth
- Spit out the toothpaste, don't swallow it
- Don't rinse the mouth after brushing
- **Children with braces** should brush their teeth gently after every meal, to clean away loose food and plaque from around brackets and wires
- **From 18 months to 6 years of age children should brush with a pea-sized amount of low-fluoride children's toothpaste**
- **Parents/carers should supervise brushing until children are 8 years old**
- **If you're on tank water or your town does not have fluoridated tap water, children should use adult-strength toothpaste. Talk to your dentist about when to start and how much to use**



## How to floss

- Floss every day to remove plaque and food particles from between your teeth
- Flossing should begin as soon as children have a full set of baby teeth
- Until children are 10 years old parents/carers should floss their teeth for them
- Wind about 45cm of floss around your middle fingers and rest it across your thumbs and index fingers
- Slide the floss between your teeth with gentle up-and-down/back-and-forth motions, to avoid damaging the gums
- Use a clean segment of floss for each tooth
- To clean the tooth at the point where it meets the gum, curl the floss and insert it gently under the gum



## Make good choices

- Drink tap water, it's sugar-free, and in almost all of NSW it contains fluoride, which protects teeth against decay.
- Choose healthy options like fresh fruit, cheese, plain yogurt and raw vegetables
- Avoid sugary foods like lollies, sweet biscuits, flavoured yogurts, muesli bars
- Avoid sticky foods like lollies, dried fruit, potato chips, crackers



## Medicare funded dental treatment for children

If your family receives Family Tax Benefit Part A or certain other government payments, your child may be eligible for Medicare funded treatment under the Child Dental Benefits Schedule.

For more information go to [www.adansw.com.au/Community/PublicCDBS](http://www.adansw.com.au/Community/PublicCDBS)