



# Baby teeth are important!



## Tooth Tips for families

Baby teeth are important for eating, talking and smiling. Baby teeth also keep space for adult teeth and guide them into place. Tooth decay can cause pain, sleep problems and eating problems.

### Don't put baby to sleep with a bottle



Putting babies to sleep with a bottle can cause tooth decay.

### Don't give babies fruit juice and other sweet drinks



Breastmilk, formula or cool boiled tap water is best for babies.



Sweet drinks can cause tooth decay.

## From 6 months of age, your child can start to drink from a cup



Babies can start to learn to drink from a cup around 6 months of age. After 12 months, children do not need bottles.

## Clean your child's teeth and gums as soon as the first tooth appears

Children might not like having their teeth brushed at first.



Use a wet cloth to wipe the teeth.



Clean morning and night with a small soft toothbrush. Do not use toothpaste under 18 months of age.

## Offer healthy foods every day and limit sweet foods



If your child has a dummy don't put anything sweet on it.

Eating foods high in sugar can lead to tooth decay.

