

Look for early signs of tooth decay once a month

Healthy Teeth



White lines along the gum line



**Make
a dental
appointment
now**

Brown or yellow spots that don't brush off



**Make an
urgent dental
appointment**





LIFT *the* LIFT

Check your child's teeth

Photo Source:
WA & NSW Oral Health
Services

Graphics Source:
Calgary Health Region 2001

Translations: www.health.nsw.gov.au/mhcs/topics/Dental_Care.html

Keep your child's teeth healthy



Put your baby to bed without a bottle

**Start drinking from a cup at around
6 months of age**



**Start brushing when your baby gets
their first tooth**

**For more information visit your local dental clinic or
child health service**

Phone no: