



Public Dental Health Call Centre	Phone Number
Sydney South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee Southern NSW	1800 450 046
Western Sydney	(02) 9845 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West Western NSW	1300 552 626



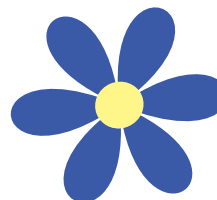
Toothbrushing Tips for kids under 5

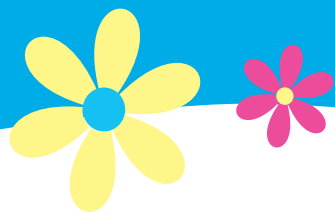
Copies can be downloaded from
NSW Health Website:

www.health.nsw.gov.au/cohs/resources.asp

SHPN: (COHS) 110196 - April 2016

Tooth decay is preventable





Tooth Brushing Tips

Under 18 months

- Start brushing as soon as the first teeth appear
- Brush morning and night
- Use a child sized soft toothbrush and no toothpaste



18 months and over

- Brush your child's teeth twice a day with a small pea sized amount of fluoride toothpaste
- Brush morning and night
- Use a child sized soft toothbrush
- Children should spit out and not swallow the toothpaste
- Do not rinse after brushing



To make sure teeth are brushed properly:

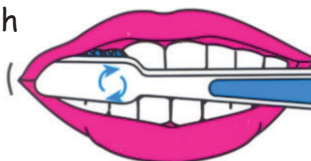
- You should help your children to brush their teeth until they are 8 years old.



How to brush

Outsides

Using small circles brush from one side of the mouth to the other cleaning all teeth



Inside

Brush every tooth making sure you brush to the gums



Chewing surfaces

Gently scrub the surfaces of all the top and bottom teeth reaching back to the last tooth

Adapted from Queensland Health 'How to brush'

Remember, you are the most important role model for your child, if you brush so will they...