



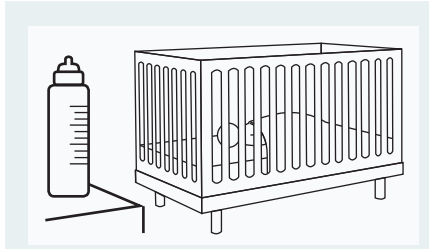
# How to keep your mouth healthy

## Eating and drinking

Breast milk is best for babies.



Choose healthy drinks for children.



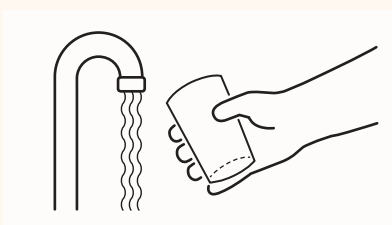
Don't put your baby to sleep with a bottle.



From 6 months of age, children can start drinking from a cup.

Don't give children sweet drinks. Offer tap water instead.

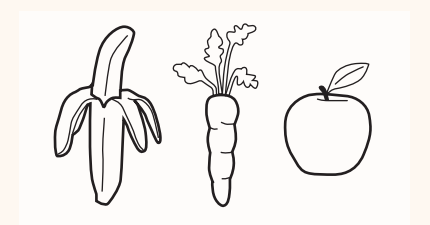
Follow the Australian Dietary Guidelines.



Drink lots of tap water.



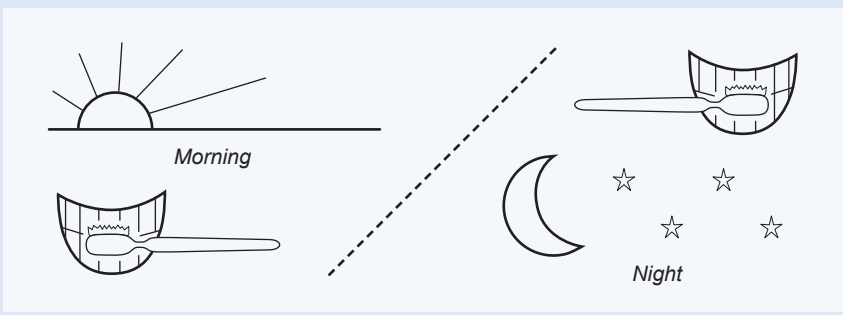
Don't have too many sweet foods and drinks.



Eat healthy snacks like fruits and vegetables.

## Cleaning teeth

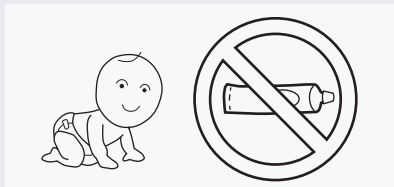
Brush your teeth and gums 2 times a day. Use a soft toothbrush.



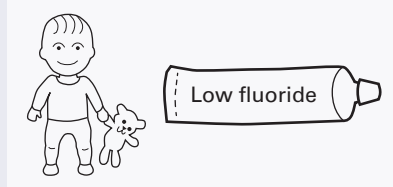
**Oral health messages for the Australian public.**

# Toothpaste

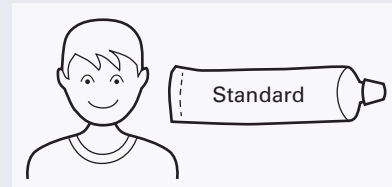
The type of toothpaste you should use depends on your age.



0 – 18 months: don't use toothpaste, only water.



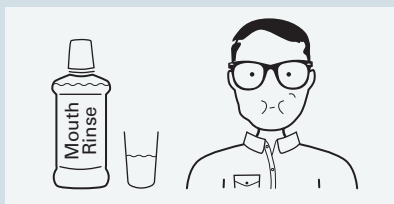
18 months – 6 years: use children's low fluoride toothpaste.



Children over 6 years and adults should use standard fluoride toothpaste.

## Mouthrinses

Ask your dentist if using a mouthrinse would be good for you.



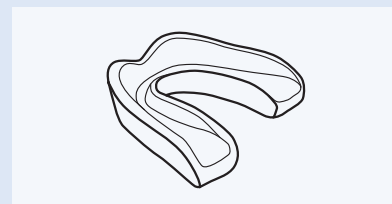
## Chewing gum

Chewing sugar-free gum can be good for your teeth.



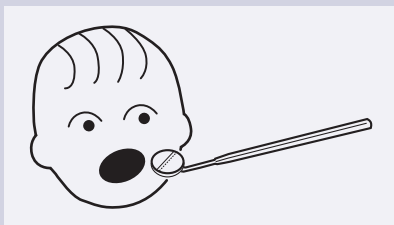
## Mouthguards

Wear a mouthguard if you play contact sports where your mouth could get hurt like football, hockey or basketball.

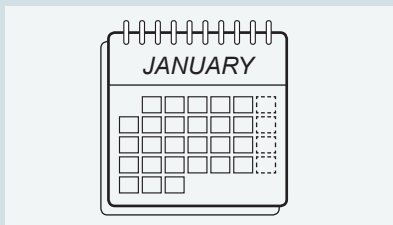


## Check-ups

Children should have their teeth checked before 2 years of age. You can ask a dentist, dental therapist, doctor or maternal and child health nurse to do this.



Ask your dentist how often you should have a check-up.



## Stop smoking

Stop smoking to keep your mouth and body healthy.



This is an easy-to-read version of the report *Oral health messages for the Australian public*. Findings of a national consensus workshop. The full report can be found here: <http://www.adelaide.edu.au/oral-health-promotion/publications/journal/paper/>