



Lift the lip and check inside?

Here are some helpful tips to keep your child's teeth healthy:

- Plain milk and plain tap water are healthy for your child's teeth. Your child can drink them anytime during the day or at night time
- Reduce the amount of fruit juice, sweet and fizzy drinks your child has, as they can increase the risk of tooth damage. Give these drinks only at mealtimes and never as a snack or at bedtime.
- Use a straw when drinking any fruit juices and fizzy sweet drinks. This will reduce the time that the sugar is in contact with teeth.
- Always dilute fruit juices and cordials with lots of water to reduce the sugar content of the drink.
- Reduce the frequency of sweet, sticky and acidic food as this will increase the risk of tooth decay.
- If oral medication is required. Ask the doctor or chemist for a sugar free version, if possible. As frequent consumption of sugared medication may cause tooth damage.

Remember to look at your child's teeth every day and take them to the dentist at least once a year for a dental check up. Don't forget to help children under seven years of age, to brush their teeth twice a day especially at bedtime. Use a fluoride toothpaste with a dry toothbrush for 2 minutes. Spit out any excess toothpaste and do not let them rinse their mouth out.