

# Baby Teeth DO Matter



To keep your child's teeth and gums healthy...



Start tooth brushing as soon as your child gets their first tooth

Use fluoride toothpaste



Brush at bedtime and one other time during the day

Help your child to brush their teeth until they are 7 years old



Reduce sugary snacks and drinks

Take your child to the dentist when they get their first tooth

The whole family should have regular dental check ups

Dental treatment for children is FREE

