Congratulations on the arrival of your baby

A healthy mouth is a great start for your baby

Your baby is eligible for FREE public dental care until they are 18 years old if you live in NSW.

Scan this code for more information to keep your family's mouth healthy.

NSW GOVERNMENT

Brush your teeth morning and night

Eat more fruit and vegies

Choose water as a drink

Have regular dental check-ups

Top tips for your baby

- Falling asleep with a bottle can lead to dental problems
- Clean baby's mouth and gums with a soft cloth
- Baby's first teeth start coming through around 6 months
- Start offering a cup from 6 months
- Brush baby's teeth as soon as they appear with a small soft toothbrush and water
- Check baby's front teeth by lifting their lip for early signs of tooth decay
- Plan a dental check-up for your little one around their 1st birthday
- Clean your baby's dummy with water, not in your mouth

Ask your child and family health nurse or family doctor about your child's dental health at every health check.

The Child Dental Benefit Schedule (CDBS) gives eligible children 0-17 years of age access of up to $1,095 in dental benefits for over two calendar years.

health.nsw.gov.au/baby-teeth

To make a dental appointment for your child with a public dental service, call: 1800 679 336.

For a private dentist visit **adansw.com.au/Community/FindaDentist**

My personal health record

WATCH OUT
WHOOPING COUGH
IS ABOUT
Protect your baby
Make sure the whole
family is up to date
with their immunisations

This is the personal health record of:

please take this book with you when you
attend any health service, doctor or hospital

More valuable oral health information can be found in your child's Blue Book.

health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/child-blue-book.aspx