

Look for early signs of tooth decay once a month

Healthy Teeth



White lines along the gum line



**Make
a dental
appointment
now**

Brown or yellow spots that don't brush off



**Make an
urgent dental
appointment**





LIFT *the* LIFT

Check your child's teeth

Photo Source:
WA & NSW Oral Health
Services



Graphics Source:
Calgary Health Region 2001

Translations: <https://www.mhcs.health.nsw.gov.au/>

Keep your child's teeth healthy



Put your baby to bed without a bottle

Start drinking from a cup at around 6 months of age



Start brushing when your baby gets their first tooth

For more information visit your local dental clinic or child health service

Phone no: