



# Kindy and Pre-primary Lift the lip

**A healthy mouth helps everything feel better – no pain or discomfort.  
And it saves money.**

Clean strong teeth help your child to talk, eat, smell, look and feel good.

Ensure your child has a healthy mouth by following these simple steps:

- 🦷 At least once a month 'lift the lip' and look at your child's teeth for signs of decay.
- 🦷 Until they're about 8 years old, children can't use a toothbrush properly. Help your child to brush, and check their brushing.
- 🦷 Start by brushing 'every bit of every tooth' in the morning and before bed at night, using a soft-bristle brush.
- 🦷 Use a pea-sized amount of low-fluoride toothpaste until 6 years of age.
- 🦷 Get your child to spit the toothpaste out – NOT swallow or rinse after brushing.
- 🦷 Drink fluoridated tap water (bottled water if not available) instead of sugary drinks. Water is the best and cheapest drink.
- 🦷 Provide healthy meals and snacks for healthy teeth and body.
- 🦷 If your child is still sucking their fingers, thumb or a dummy, encourage them to stop.

For more information, have a chat with a dental professional.



## Healthy Teeth

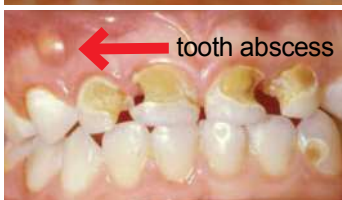
Clean teeth with no marks on them, with firm gums, not bleeding.  
Keep up regular dental checks.



## Early sign of tooth decay

Rough 'whitish' marks on tooth near gums. This can be stopped and reversed.

Visit a dental professional now.



## Tooth decay

More advanced decay can look like yellow or brown spots on the teeth. If left untreated, decay can quickly become severe, causing pain and infection.

Visit a dental professional urgently.

For more information contact your dentist.

Alternatively contact Dental Health Services at [www.dental.wa.gov.au](http://www.dental.wa.gov.au) or on **9313 0555**.

This document can be made available in alternative formats on request for a person with a disability.

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.