Government of **Western Australia**
North Metropolitan Health Service
Dental Health Services

Little smiles play a big role in health

Decay can happen very soon after teeth first appear.

- **Bad teeth can cause pain, making it hard for koolangka to eat or sleep.**
- **Not eating or poor sleeping seriously affects koolangka's health.**

Here's some good news

- Healthy habits from a very early age can help stop tooth problems.
- Looking after your koolangka's mouth should start very early.
- From six months, always wipe their gums with a cloth after a feed – even before their first teeth come through.
- When teeth start to appear, use a soft toothbrush with tap water only until your little one is 18 months old.
- Kids learn as they grow, so you are very important in teaching solid habits.

Strong teeth lead to strong, healthy kids.

For more information visit:
www.smilingstarts.health.wa.gov.au

Early Childhood Dental Program
smiling starts

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