



Cleaning their mouth regularly is very important.

- After every single feed, wipe your baby's gums with a clean cloth.
- Then once their first teeth appear, brush their teeth morning and night with water.
- From 18 months, start using a small amount of kids' toothpaste with fluoride.
- Be sure to teach koolangka to spit into the sink, not rinse. That lets fluoride stay on their teeth and do its bit.
- Fluoride is great for strengthening and protecting growing teeth.

Here's a healthy tip:

Drink tap water, because the fluoride helps keep teeth strong.





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

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