

# Tips to help our kids keep their teeth healthy and strong

Busy schedules, getting to school on time and feeling tired at bed time can make it hard to support kids to keep their teeth healthy. So why make the effort?



Half of Victorian children aged 0 to 6 experience tooth decay.

Baby teeth are important for the developing adult teeth below.



Children need help brushing their teeth until they are at least 8 years old: make sure they have reached their back teeth and got into the deep grooves!

Aim for children to floss between any teeth that touch each other – you will need to help with this!



Limit sugar sweetened beverages.

Visit your dentist every 6 months for a check-up.

Inspiro and EACH Community Health offers FREE dental treatment to children up to 12 years of age!

This initiative is proudly supported by:

