

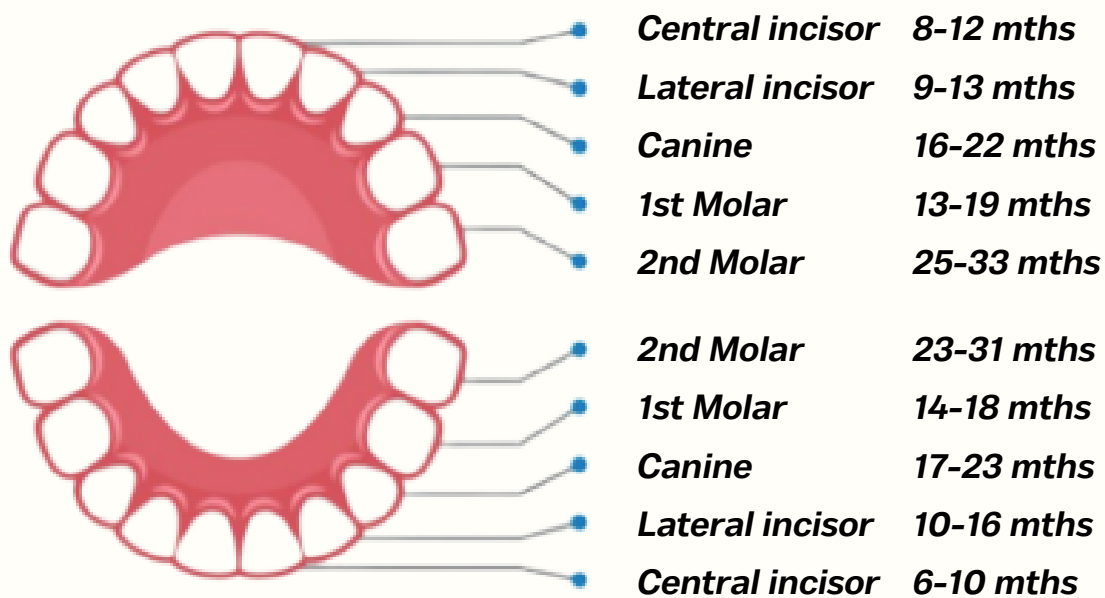


# Healthy Smiles for Bubba

First tooth means first check-up. Book a dental appointment as soon as you see a tooth appear. As well as checking bubba's teeth and mouth, this visit allows you to ask questions and get professional dental advice.



## WHEN BABY TEETH APPEAR



Brush bubbas teeth every morning and night. Start when the first tooth appears. Use a toothbrush with a tiny bit of fluoride toothpaste. Make sure all surfaces are cleaned well.

Fresh foods are best for teeth and body. Try yoghurt, cheese, or cut up carrot, or apple. Avoid sticky and sweet food. They can increase the risk of tooth decay. Only put water or milk in the baby bottle. Bubba does not need juice or fizzy drinks.



Regularly lift the lips and have bubba open wide and check for any white, brown, or black marks on the teeth. These could be signs of tooth decay.

For more information visit [mobsmiles.org.au](http://mobsmiles.org.au)

Mob Smiles is made possible by the Australian Dental Association