



Koori Kids Smiles
Are Special

Tooth Tips for Koori Kids

- Every now and then check bubs mouth just to make sure everything is ok
- Brush your teeth 2 times a day, this will keep teeth healthy always.
- Make sure you use baby toothpaste for baby teeth.
- Fruit and Vegies are the best food for healthy teeth
- Drink Water, its good, its free!
- Eat sweets once a week, not everyday, this will keep the teeth from rotting away
- Kids under 7 need help to brush, let them do it, then check to see if they need extra help



- Keep baby teeth healthy, this will help the big teeth to grow strong
- Only use water for bedtime bottles. Milk, juice, cordial and soft drink will rot their teeth real quick

Dental check-ups are important; get those teeth checked once a year. Visit your friendly dental therapist or dentist

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