

Caring for your children's teeth

Good oral care helps children stay well and healthy. This guide gives simple steps to look after your child's teeth at home.

It includes:

- brushing tips
- how to choose toothpaste
- when to see a dentist
- healthy food and drink ideas

Making toothbrushing part of your family's daily routine can build strong habits that support your child as they grow.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

NSW Health

??NSW Health is the major provider of health services to people in New South Wales.

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