Lift the Lip

Oral health anticipatory guidance for parents/caregivers

Regular dental visits for the child
Dental treatment for the whole family
Brush twice a day
Brush with fluoride toothpaste

Wean off the bottle (no bottles for sleeping)
Try to avoid a dummy
Breastfeeding to 12 months (if bottle feeding only place water, breast milk or formula in the bottle)
Less or no juice

Only water in sippy cups
Drink fluoridated tap water
Healthy diet, including snacks
Less or no junk food and lollies

No sugary drinks
Use xylitol spray, gel and other products

Important: The last thing that touches your child’s teeth before going to bed should be the toothbrush.

Metro North and Metro South Oral Health Services welcome all children 0 to 17 years of age referred by CYCHS - Child Health Service. For more information contact Oral Health Services.

Phone: 1300 300 850

A joint initiative between Metro North and Metro South Hospital and Health Services and Children’s Health Queensland.

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