



Dental care is free

for all eligible children*



Give your child's teeth a healthy start.

Call for an appointment at your local participating public Dental Clinic.

- ✓ Contact your local public dental clinic to make an appointment for your child.
- ✓ Have regular dental check-ups for the whole family.
- ✓ Start cleaning your baby's teeth with a small soft toothbrush as soon as they appear.
- ✓ Use fluoride toothpaste.
- ✓ Put your child to bed without a bottle.
- ✓ Try to avoid using a dummy. If your child has one, do not put anything sweet on it and never clean your child's dummy in your mouth; clean it under running water only.
- ✓ Lift your child's top lip once a month and check for early signs of tooth decay.
- ✓ Offer healthy foods and drinks – keep sweet foods and drinks as 'sometimes' foods.
- ✓ Plain tap water is the best drink.

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

www.health.qld.gov.au/metronorth/oral-health

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



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*please check your child's eligibility
when you telephone 1300 300 850