



# Smiles 4 Miles

## Key Messages 0-3 years



### Drink well

- Breast milk, formula or cool boiled tap water is best for babies
- Don't put baby to bed with a bottle
- Avoid fruit juice and other sweet drinks
- At around 6 months help baby drink from a cup



### Eat well

- At around 6 months, introduce solid foods to meet the infants increasing nutritional and developmental needs
- By 12 months, infants are eating a variety of healthy foods and limiting sweet foods, similar to the rest of the family



### Clean well

- Baby teeth are important too
- Clean children's teeth and gums as soon as the first tooth appears, using a damp cloth or small soft headed toothbrush
- From 18 months brush children's teeth with a pea size amount of low fluoride children's toothpaste twice a day
- A child should have a dental check up by 2 years of age



# Smiles 4 Miles

## Key Messages 3-5 years



### Drink well

- Tap water is the preferred drink
- Limit sugary drinks, especially between meals
- Choose plain milk over flavoured



### Eat well

- Enjoy a wide variety of nutritious foods every day from the five food groups
- Limit foods containing added sugars
- Healthy meals and snacks are important for healthy teeth



### Clean well

- Brush children's teeth and along the gum line twice a day
- Children should use a pea size amount of low-fluoride children's toothpaste from 18 months until they turn six
- Don't wait for a problem. A child should have regular dental check-ups as advised by their dentist