

DENTAL CARE

Teething

Babies start teething from around 6 months and this continues until about 2 years of age. To prevent tooth decay it is important to start brushing their teeth as soon as they appear.

During this time your baby may drool more than usual and chew a lot.



What can help your baby's discomfort:

Massage their swollen gum with your finger



Use a teething ring



Let them chew on a clean, cold and wet face cloth



4 easy steps to keep your baby's teeth and gums healthy



Practice drinking from a cup from 6 months of age
Water should be cooled boiled tap water until 12 months of age



Put your baby to bed without a bottle
Try and avoid bottles after 12 months of age



Start brushing when your baby gets their first tooth
Only water on their toothbrush, low fluoride toothpaste can be introduced at 18 months.



Visit the dentist at around 12 months
Dentists and their teams will make you and your baby feel as comfortable as possible. Click for info on the [Child Dental Benefits Schedule](#)

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.