

# CHILDREN'S ORAL HEALTH



## TOP 6 CAUSES OF TOOTH DECAY

- Juices, sugary fizzy and sports drinks
- Sweets and sugary snacks
- Snacking frequently between meals
- Incorrect brushing technique
- Not brushing for 2 minutes or longer with a fluoride tooth paste.
- Not flossing

## FACT

By age 6,  
**HALF** of all  
Australian  
Children will  
have **TOOTH  
DECAY.**



An adult should be helping children brush and floss every day until the child is at least 9 years old.



Studies show dental disease is preventable. It is recommended early, fun, easy intervention can help avoid later trauma, and encourage your child to be interested in healthy happy teeth.



## Snack Ideas for Kids



### Fruit & Cheese Kebabs

- Seasonal fruit
- Cheddar Cheese
- Kebab sticks

Cut fruit into bite size pieces, and cut cheese into blocks, or use funky shaped cookie cutters to

cut some fruits and the cheese to keep kebabs looking fun!

Cheese is great to add to kebabs as it helps neutralize acids in the mouth.

Dental decay can be a painful infection. Although "Baby Teeth" eventually do fall out, most people do not realise their importance for guiding the adult teeth into ideal position, general jaw development and learning proper speech patterns.



Sporting accidents are one of the most common causes of dental injury. Every year thousands of people, including children, are treated for dental injuries that could have been avoided or minimised by wearing a protective, custom-fitted mouthguard.



AVENUE DENTAL

5491 1111

1a Ormuz Avenue, Caloundra