



VICTORIA  
Australian Dental Association

## CHILD ORAL HEALTH MILESTONES



### BIRTH

#### Birth to first tooth

- Clean mouth and gums with a soft damp cloth or finger brush.

#### First tooth (5-12 months, but can be earlier)

- Brush twice daily with a soft toothbrush and plain water.
- Start to floss between teeth that touch. It is easiest to use floss with a handle.
- Take baby to see the dentist when they get their first tooth, or by their 1<sup>st</sup> birthday.

### FIRST TOOTH



### 18 MONTHS

#### From 18 months

- Use kids' fluoride toothpaste (pea-sized amount).
- Start teaching kids to spit out the toothpaste - although they will probably only learn around 3 years old.



### 6 YEARS

#### From 6 years old

Around this time, baby teeth start to get wobbly. Adult front teeth and back molars start to grow:

- Use adult fluoride toothpaste.
- Adults should still check and help with brushing and flossing.



### 8 YEARS

#### From 8 years old

- Support children to brush and floss their own teeth.
- Baby molars are often still there until around 12 years old!



### AT ALL AGES:

- Brush twice a day with a soft toothbrush.
- Spit out the toothpaste, do not rinse.
- Floss everyday.
- Limit sugars in foods, snacks and drinks.
- Have regular dentist visits.