

Daily Oral Care Checklist for Aussie Kids

Paediatric Dentist's Recommended Routine



Morning Routine

1. Brush Teeth

- 1.1. Brush for 2 minutes using a fluoride toothpaste.
- 1.2. Use a toothbrush that has soft bristles and is the right size for your child.
- 1.3. Make sure they brush all surfaces: outer, inner, and chewing surfaces.

2. Rinse with Water

- 2.1. After brushing, rinse with water to remove toothpaste residue.

3. Flossing (if age-appropriate)

- 3.1. Begin flossing as soon as your child has two teeth that touch each other.

3.2. Use kid-friendly floss picks if necessary.

Throughout the Day

1. Drink Water

- 1.1. Encourage water over sugary drinks like juice or soft drinks.
- 1.2. Helps to wash away food particles and prevent cavities.

2. Healthy Snacks

- 2.1. Opt for teeth-friendly snacks like fruits, veggies, and cheese.
- 2.2. Avoid sticky or sugary foods that can contribute to cavities.

3. Chew Sugar-Free Gum (optional)

- 3.1. Helps stimulate saliva, which protects teeth and neutralises acids.

Evening Routine

1. Brush Teeth Before Bed

- 1.1. Brush for 2 minutes, focusing on any food particles left after the day.
- 1.2. Make sure to brush the tongue and the roof of the mouth for better freshness.

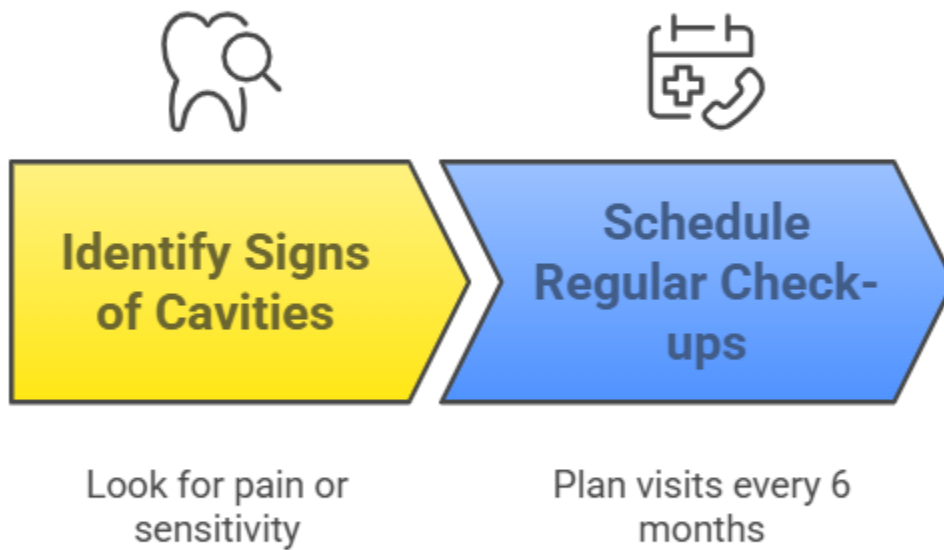
2. Floss Again (if needed)

- 2.1. If your child is old enough, ensure flossing is done before bed.

3. Rinse with Mouthwash (optional)

- 3.1. Use a kid-friendly fluoride mouthwash to help fight cavities and promote fresh breath.

Additional Care



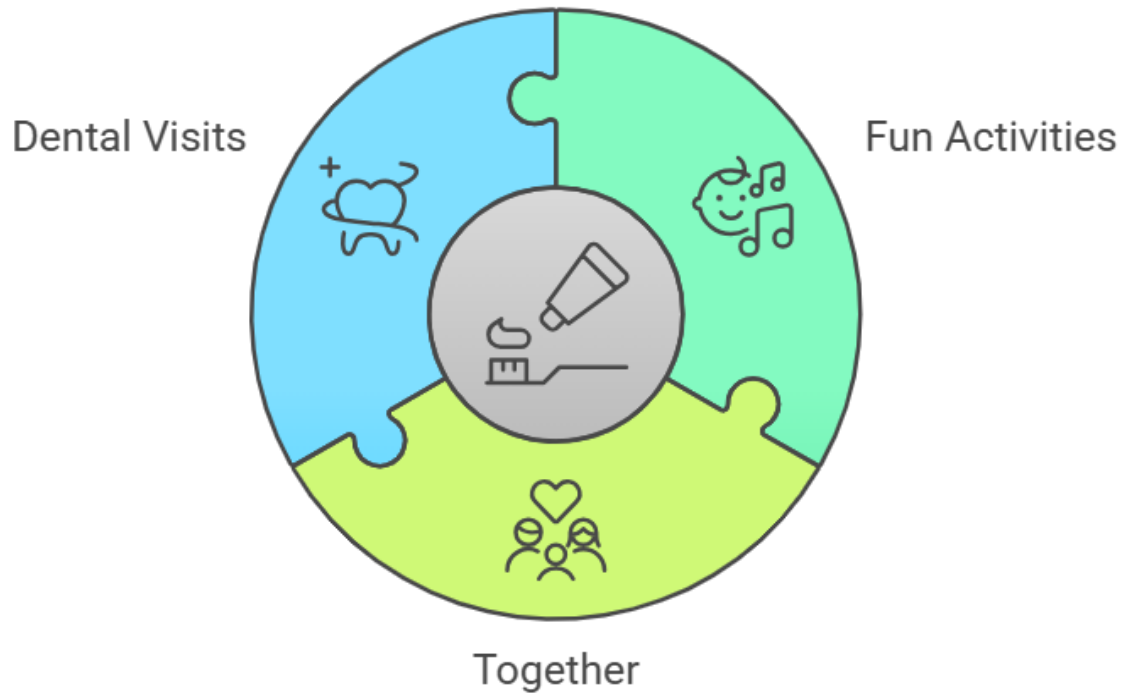
1. Check for Cavities

1.1. Look for any signs of cavities like pain or sensitivity.

2. Visit the Dentist Regularly

2.1. Schedule regular check-ups every 6 months.

Helpful Tips for Parents



- Make brushing a fun activity with games or songs.
- Lead by example – brush and floss together as a family.
- Make dental visits positive experiences by explaining them easily and in a reassuring way.