

# Healthy Smiles for Bubba



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Mob Smiles is made possible by the  
Australian Dental Association



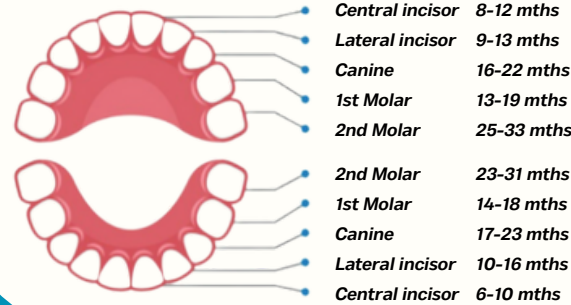
# Tips to keep bubba's teeth strong

Ensure an adult brushes bubba's teeth every morning and night as soon as that first tooth appears. Make sure all surfaces are cleaned well. Use a toothbrush that has a small head and soft bristles. Use only a tiny bit of fluoride toothpaste.

First tooth means first check-up. Book a dental appointment as soon as you see a tooth appear. As well as checking bubba's teeth and mouth, this visit allows you to ask questions and get professional advice.

Fresh foods are best. Try yoghurt, cheese or cutting up fruits and vegetables, like carrots, or apples. Avoid sticky and sweet food. These take longer to wash off the teeth and can increase bubba's risk of tooth decay. Only put water and milk in bubba's bottle.

## WHEN BABY TEETH APPEAR



Lift bubba's lips and have them open wide. Look for any white, brown, or black marks on the teeth. These could be a sign of tooth decay.

Learning to walk and run can lead to bumps and falls. If bubba's tooth is knocked out, do NOT put the tooth back inside the mouth. Make a dental appointment immediately.

