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Australian Dental Association

Healthy Smiles for Youth



Here are some tips to keep your smile looking strong and healthy

A healthy and good-looking smile is important when meeting people and making friends. It can boost your confidence and help you feel good about yourself. You should have all your adult teeth by 12 years old. You will need to keep these teeth strong for the rest of your life. The health and lifestyle choices you make today can impact your teeth and gums.



If you don't look after your teeth, you might start to feel shame about your smile, have sore teeth from tooth decay or gums that hurt and bleed.

Don't rush the brush. Brush using a toothbrush with soft bristles and a fluoride toothpaste in the morning and at night. Squeeze out paste the size of a pea. Spit the toothpaste out after brushing but do not wash your mouth with water. Brush for 2 minutes every time to clean the bacteria from all surfaces of the teeth. This will keep your breath smelling fresh and teeth healthy and white.

Tap water is the best option to drink to keep your teeth and whole body healthy. Fizzy drinks, juice and slushies can have a lot of sugar. One can of cola can have 10 teaspoons of sugar. These sugary drinks can damage your teeth.

There is no shame in going to the dental clinic. Dental professionals are there to help and will not make judgements. Book a dental appointment every year for a check-up. See the dentist earlier if you have a problem before it gets too big and painful.



Wear a mouthguard when playing footy or any contact sport. It will protect your teeth and jaw from damage. Ask the dental clinic to make you a custom mouthguard that will fit your mouth perfectly. Wear it at all games and training too.



Vaping and smoking have many nasty chemicals. They can cause problems like stained teeth, gum disease, tooth loss and mouth cancer.