

STOP THE ROT!

DID YOU KNOW:

Children's teeth are most likely to decay in the first 3 years after they erupt. If you can protect children's teeth while they are young they have a good chance to keep them for the rest of their lives.

When teeth erupt into the mouth the surface is still a little weak. The calcium and other important components in saliva toughen teeth up in the first few years they are in the mouth.

Don't neglect your children's teeth during this stage. Exposure to sugar and poor teeth cleaning while teeth are weak will cause decay and damage that will affect your children forever.



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HEALTHY SMILES
FOR GOORIE JARJUMS
UNDER 5

Oral Health

Didungs for Life



Teeth

LOOK AFTER OUR JARJUMS DIDUNGS

Teeth for Life

6 Rules for Healthy Teeth

1. Drink more water
2. Soft drinks and cordial are for parties—they are not good as part of a healthy regular diet.
3. Do not allow baby to suck on a bottle for longer than necessary.
4. Clean your teeth with a Fluoride toothpaste at least twice a day.
5. More Sugar means more decay
6. Eat regular meals—don't graze like a cow.



Don't eat too many LAZY foods

Lazy foods are those that require little preparation. If you are eating foods that come out of packets, tins and bottles—chances are they are full of refined carbohydrates like flour and sugar. These are exactly what the germs in your mouth love. They convert simple carbohydrates into acid. This acid over time dissolves away your teeth and makes holes.

If you eat lots of fruits and vegetables and foods that make you chew the saliva will reduce the acid made by germs.

Foods that make you chew and have no sugar in them are great for healthy teeth.

Love the dentist

If you can treat decay early it is easy to make a dental visit painless and fun.

The dentist cannot wave a magic wand to make a toothache suddenly disappear.

Don't wait until your child is crying with toothache to bring them in for a visit.

Early treatment is Easy treatment

Healthy Teeth—Healthy Bodies

Did you know that the biggest health problems of Aboriginal people are lifestyle related.

Diabetes and Heart Disease are two big health problems that share a common cause with tooth decay—poor lifestyle choices.

If you have decay in your teeth it suggests your diet is not ideal—by choosing foods that will keep your teeth healthy you will be less likely to end up with the problems of diabetes and heart disease.

Don't ignore the warning of decay in children's teeth. It is a very good sign that they are at risk of other health problems later in life.

Healthy teeth happen in Healthy Bodies

Make healthy choices today—later it will pay!



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