



Lift the Lip

Oral health anticipatory guidance for parents/caregivers



Regular dental visits
for the child



Dental treatment for the
whole family



Brush twice a day



Brush with fluoride toothpaste



Wean off the bottle
(no bottles for sleeping)



Try to avoid a dummy



Breastfeeding to 12 months
(if bottle feeding only place water,
breast milk or formula in the bottle)



Less or no juice



Only water in sippy cups



Drink fluoridated tap water



Healthy diet, including snacks



Less or no junk food and lollies



No sugary drinks



Use xylitol spray, gel and
other products

Important: The last thing that
touches your child's teeth
before going to bed should
be the toothbrush.



Gold Coast Oral Health Services welcome all children 0 to 4 years of age referred by Community Child Health.
For more information contact Oral Health Services.

Phone: 1300 300 850

www.goldcoast.health.qld.gov.au/oral-health

A joint initiative between Gold Coast Hospital and Health Services and Children's Health Queensland. Original artwork courtesy of Metro North Hospital and Health Service.