

Back to School Dental Tips (5-12 years)

Dental Health



How should you brush your child's teeth? How often should your child have a dental check-up? How can tooth decay in children be prevented? Read these simple tips for good oral health for primary school children.

Top oral health tips for primary school children (5-12 years)

1. Brush teeth and along the gum line twice a day

- Brushing teeth removes plaque (the build-up on teeth) that causes tooth decay.
- Brush all surfaces of the teeth and gums twice a day (after breakfast and before bed).
- Choose a toothbrush with a small head and soft bristles.
- Always brush in a circular motion, cleaning a few teeth at a time.

2. Drink plenty of tap water

- Water should be the main drink and children should drink plenty of tap water throughout the day.
- Most of Victoria's tap water supply has fluoride in it. Fluoride protects teeth from decay.

3. Healthy meals and snacks are important for healthy teeth

- Enjoy a wide variety of healthy foods from the five groups every day.
- Fruits and vegetables are an important part of healthy eating.
- Milk, yoghurt, cheese (and their alternatives) are an excellent source of calcium.
- Eating foods with high levels of sugar causes tooth decay

4. Talk with your oral health professional about how often you should visit

- Your oral health professional will discuss your child's needs and plan how often your child should have their teeth checked.
- Your child might not always see a dentist – many other 'oral health professionals' such as oral health therapists are fully qualified to work on your child's teeth.



For more information on this service contact:



1300 234 263

(select option 2)

[or download the brochure here](#)

These tips are based on the Oral health messages for the Australian public: Findings of a national consensus workshop (2010), the Australian Dietary Guidelines (2013) and the Evidence-based oral health promotion resource (2011).
Learn more: www.dhsv.org.au/oral-health-advice/dental-health-advice/children