



MARKETPLACE
DENTAL CENTRE

AVOID EARLY CHILDHOOD CARIES!

Early childhood caries is the most common chronic infectious disease of childhood, and it's entirely preventable.

To prevent ECCs, teach your kids good oral hygiene and avoid sugar (in drinks & food) and book regular dental checkups!

CALL (02) 6971 8764

Baby Care

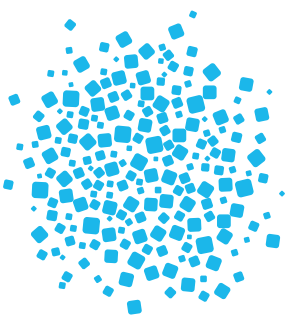


NEVER put soft drink, juice, sports drinks, flavoured milk, or anything sweet in your baby's bottle.

Babies under 12 months should only be given boiled, cooled tap water, not water straight from the tap.

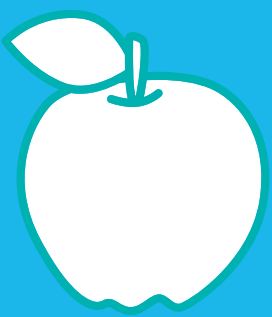
Never let a baby fall asleep with a bottle of plain milk or a sweetened beverage in their mouth.

Restrict Sugar



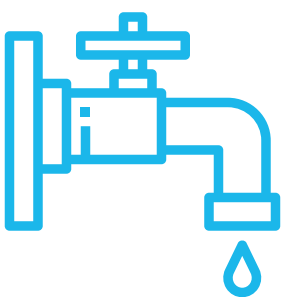
Restrict sugary foods - including biscuits, cakes, 'health bars', icecream and lollies - and beverages - including soft drinks, cordials, sports drinks and flavoured milks. Always encourage kids to rinse their mouths with water after consuming sugar.

Eat a Healthy Diet



Encourage a healthy diet with your children. Avoid sugary, processed foods. Eat whole fruit rather than fruit juice. Yoghurt, cheese and reduced-fat milk products are recommended for children over the ages of two years.

Drink Tap Water



Tap water contains fluoride, and is consequently the most cost-effective way of reducing the prevalence of dental caries in the community. Fluoride help seal the enamel, making it harder for cavities to form. And tap water is free – not just sugar-free!

LEARN MORE AT MARKETPLACEDENTAL.COM.AU

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