



Healthy Kids Check

Oral health information

Tooth decay is the most common chronic disease in children and can have a profound impact on a child's health and quality of life. An Oral Health Check is a mandatory part of the "Healthy Kids Check" and recommended as a regular routine for children 2-5 years of age

"Lift the lip"



- Wash your hands and raise the child's upper lip.
- Examine the teeth and gums.
- By 3 years of age, a child should have 20 teeth.
- The gums should be pink and firm

90%

90% of children in NSW have visited their GP in the past 12 months

71%

71% of children aged between one and five years have never had a dental visit

40%

In NSW, 40% of children aged 5-6 years have untreated — or have experienced — dental disease

2,234

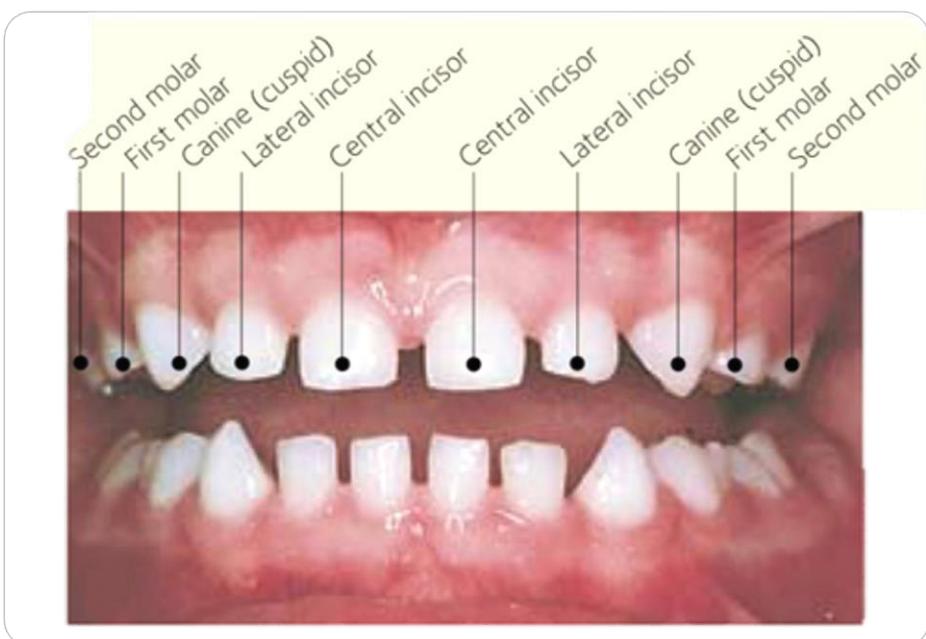
Number of 0-4 year olds admitted to hospital for oral problems in NSW 2014-15

6yrs

The age when the permanent teeth start to erupt

12yrs

The last deciduous (milk) teeth do not fall out until around 12 years of age



- Start the habit of regular dental checks before the age of 2 years old
- Parents should brush children's teeth until they are 8 years old
- Brush twice a day with a small smear of low fluoride toothpaste
- Water and milk are the best drinks (only water overnight)

Primary teeth are essential for:

- Learning to talk
- Chewing and efficient digestion
- Allowing proper formation of the jaws
- Assisting the correct positioning of permanent teeth



Primary teeth are most vulnerable to decay when they first come into the mouth. Chalky white marks close to the gumline are an early sign of tooth decay. At this stage the disease may be reversible.

The enamel of primary teeth is less densely mineralised than the enamel of permanent teeth, making them particularly susceptible to decay.



Child-friendly environment

All female staff

No Gap with Private Health Insurance Extras Cover

Reduced fee for children



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