

GROWING SMILES

A parent's guide to healthy teeth, from first tooth to teen years

Little teeth have a big job to do. They help children eat, speak, smile and guide their adult teeth into place. A few simple habits, introduced early, can help protect their smile for years to come.



THE SMILE JOURNEY

Different ages. Different teeth.
The same twice-daily habit.



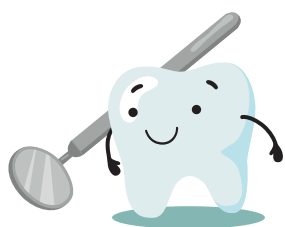
Birth to first tooth

Wipe gums gently with a clean, damp cloth. The first tooth often appears around 6 months.



18 months to 3 years

Use a small smear of low-fluoride children's toothpaste. By around age 3, most children have all 20 baby teeth - this is the time to book your first dental visit.



6 to 8 years

Any orthodontic work is generally not considered until adult teeth begin to appear at about age 6. It's also quite normal if your child's adult teeth seem quite large.



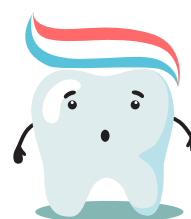
First tooth to 18 months

Start brushing twice a day with a soft toothbrush. Monitor your little one's gums as their baby teeth continue to come through.



4 to 5 years

Let them have a go at brushing first, then a grown-up finishes the job. Age 5 is a great time to have your child's teeth, spacing and jaw development checked by our Oral Health Therapist.



9 to 13 years

Growing independence, new back teeth and sport mouthguards may become part of the picture.



LITTLE VISITS. BIG CONFIDENCE.

At Portside, we want early oral health care to feel gentle, calm and pressure-free. Our goal is to help children build positive associations with dental care while giving parents the guidance they need. For this reason, we don't recommend a formal chair examination before the age of 3.



Why we recommend examining from age 3.



By around age three, most baby teeth are through and children are better able to communicate, follow simple instructions and engage with us. This allows us to gently encourage them to sit in the chair and open their mouth, using reassurance and their favourite show on the ceiling TV as a distraction. Starting at an age when children can participate more willingly helps us build trust and positive associations, while reducing the risk of creating dental or oral aversion.

WHEN TO CALL US SOONER

- ➔ Snoring, disrupted sleep or heavy grinding
- ➔ Toothache or sensitivity
- ➔ Swollen gums, cheek or face
- ➔ White, brown or dark spots on a tooth
- ➔ A pimple or boil on the gum
- ➔ Bleeding gums that do not settle
- ➔ Mouth sores for more than 2 weeks
- ➔ Pain after a bump or fall

AFTER A BUMP OR FALL

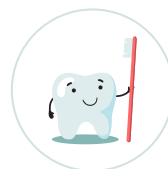


Knocked-out baby tooth: do not put it back in. Contact a dentist promptly.



Knocked-out adult tooth: hold it by the crown, place it in milk or back in the socket and seek urgent dental care.

TINY HABITS. BIG SMILES.



Brush twice a day, especially before bed.



Use age-appropriate fluoride toothpaste.



Drink tap water and keep sugary drinks occasional.



Limit sweet treats and keep to meal times where possible.



Let your child brush first, then finish the job for them.

HELP THEIR VISIT FEEL EASY



Speak positively and keep it simple.



Read a dental story or play dentist at home.



Choose a time when your child is rested. Morning appointments usually work best.



Arrive early so they can look around.



Let our team explain things in child-friendly language.

Some children jump straight into the chair.
Others need a little more time. Both are perfectly okay.

