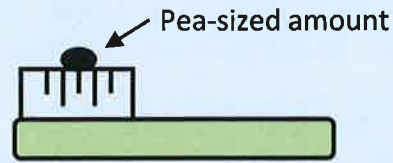


### #3 GOOD ORAL HYGIENE PRACTICES

- Toothbrushing should be done 2 times per day, by an adult or with adult supervision
- Night-time toothbrushing should be immediately before bedtime, after intake of all food and drinks (for example night-time milk feed)
- The toothpaste should contain  $\geq 1000$ ppm fluoride
- The amount of toothpaste should be appropriate, according to the age of your child:



**TODDLER**  
**(1-2 YEARS OLD)**



**PRE-SCHOOLER**  
**(3-6 YEARS OLD)**

### #4 DENTAL CHECKUPS

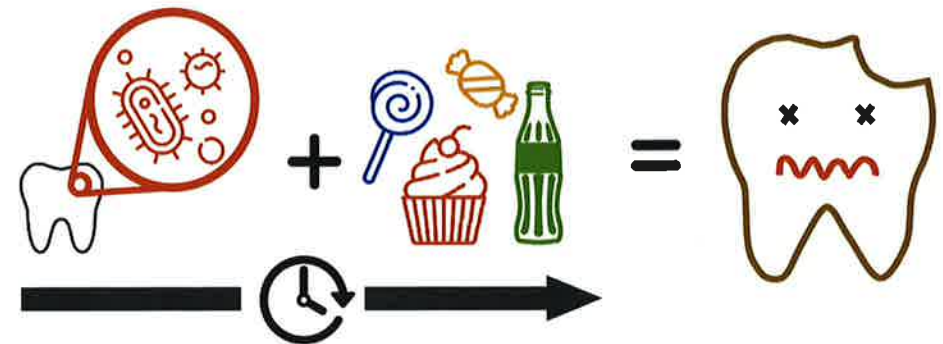


- The first dental visit should be between 6-12 months of age, usually after the first tooth erupts
- Please visit our website at <https://www.nucohs.com.sg/Pages/home.aspx> for more information

## HEALTHY DIET HEALTHY TEETH

### WHAT IS TOOTH DECAY?

Tooth decay occurs when bacteria in the mouth breaks down sugars from food to produce acids. These acids soften the tooth structure leading to cavities, or holes in teeth.



If the cavities are left untreated, they can cause pain and infection.

# HOW CAN I PREVENT TOOTH DECAY?

## #1 DIET AND FEEDING PRACTICES FOR HEALTHY TEETH



### TODDLER (1-2 YEARS OLD)

- Other than main meals, limit to 2-3 healthy and nutritious snacks per day
- Limit beverages to unflavoured milk and water
- Start to wean off milk feeds in the middle of the night
- Start to wean off bottle feeding and switch to drinking from a cup at 1 year old
- Mothers who wish to continue breastfeeding beyond 1 year old should work closely with their dentists to minimize the risk of decay



### PRE-SCHOOLER (3-6 YEARS OLD)



- Other than main meals, limit to 1-2 healthy and nutritious snacks per day
- Limit beverages to unflavoured milk and water

## #2 HEALTHY SNACK CHOICES



- **Fresh fruits and vegetables**  
(for example: carrots, apples and bananas)
- **Whole grain products**  
(for example: whole grain cereals)
- **Milk products**  
(for example: cheeses and plain yoghurts)



- **Avoid sugar sweetened beverages**  
(for example: soft drinks and fruit juices)
- **Avoid sweet and/or sticky snacks**  
(for example: lollipops, gummies, chewy candies, dried fruits, cakes and biscuits)