

Managing Your Child's Oral Health



Oral hygiene and toothpaste



**As soon as the first
tooth appears, brush
with a toothbrush.**

Consult your dentist
on the amount of
toothpaste to use.

**Brush at least
2 times daily.**



Tips to keep tooth decay away



Eat healthy
meals



Avoid sugary
snacks in
between meals



Encourage your baby
to drink from a cup
from 1st birthday



Avoid putting
baby to sleep
with milk bottle



Visit the dentist
regularly



Avoid sharing
utensils. Saliva
can spread germs

NATIONAL UNIVERSITY POLYCLINICS DENTAL SERVICES

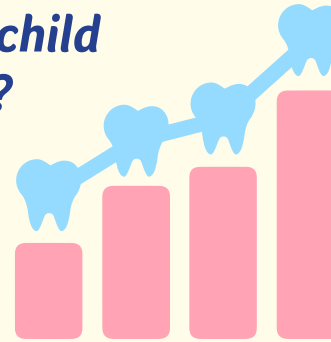
When should my child's first dental visit be?

- As soon as you spot a tooth or by first birthday
- If you have any dental concerns for your child



Why must my child visit a dentist?

- To monitor the growth of milk teeth, which will affect adult teeth
- To start on preventive care early
- To help your child get familiar with dental visits from an early age



What can I expect during the visit?

- The dentist will provide a simple check up and assess your child's oral health and habits
- The dentist will teach you how to care for your child's teeth



How can I book an appointment?



Book an appointment via **HealthHub.sg** or **OneNUHS app**

National University Polyclinics' Dental Services

- Bukit Panjang
- Jurong
- Queenstown

