

Healthy Mouths for Kids at School

Dental information for parents and carers

Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.



Drink Well

Make tap water your family's drink.

Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.



Stay Well

Children should have regular dental checks.



Play Well

A well fitted mouthguard can reduce the risk of injury.



Did you know?

Not brushing teeth daily, and sugary food and drinks, cause tooth decay.

Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.



Did you know?

General dental treatment for children under 18 years of age is **free** at all NSW Public Dental Services. Some children may also be eligible for the Commonwealth Child Dental Benefits Schedule (CDBS), which are bulk billed in public Dental Services. For more information about CDBS in NSW Public Dental Services visit: www.health.nsw.gov.au/cdbs

*Some specialist services require additional eligibility and/or may incur a fee.

Local Health District	Phone Number
Sydney South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW Mid North Coast Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 732 503
Murrumbidgee Southern NSW	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 4734 2387 or 1300 769 221
Far West Western NSW	(02) 6809 8621 1300 552 626



If you need an Interpreter Service call 13 14 50