



CHILDREN'S DENTISTRY

Your guide to the Child Dental Benefits Schedule & protecting your child's smile.

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Your child's dental future

As a parent, it's heart breaking to see our children in pain and so we do our best to care for their health and wellbeing. Unfortunately, while their safety on a bike, in a car or simply during play is our number one priority, sometimes even the most responsible parent neglects or are not sure what to do with their children's dental health.

A child's baby or primary teeth are of great importance. Baby teeth can help pave the way for secondary teeth, as well as enhance a child's speaking ability and chewing function. We believe everyone is different. It is our mission to find out what is best for you and your child. We will make sure your needs and wants are met.

The team at Complete Dental, we are passionate about helping children achieve and maintain healthy and bright smiles for a lifetime. We believe it is important that children have a smooth introduction to dentistry so we strive to make your children feel happy and comfortable at our practices.



Claim up to \$1000 of children's dentistry with the new Child Dental Benefits Schedule

We are proudly providing the Child Dental Benefits Schedule for families who are eligible. The benefits of this scheme include \$1000 of basic preventative dental services per child over two consecutive years.

These services include:

- General check-ups
- X-rays
- Cleaning
- Fillings
- Extractions
- Fissure sealants

Child Dental Benefits Schedule Eligibility

To be eligible for the Child Dental Benefits Schedule, your child must:

- Be aged 2 to 17 years for at least 1 day of the calendar year.
- Be eligible for Medicare.
- Receive, or be part of a family receiving, certain Australian Government payments.

The CDBS does not cover orthodontic, cosmetic dental work, or dental services provided in hospital.



Tips to Protect Your Child's Smile

One of the most important aspects of childhood development is ensuring good oral health. Following the right dental routine from an early age can help prevent teeth and gum problems from developing now and in the future.

BRUSHING FOR BABIES

When your child's teeth begin to appear, you can start cleaning them with a soft, damp cloth. Wipe gently over the teeth and gums to remove any milk residue.

BRUSHING FOR CHILDREN

As your child grows you can start to introduce a soft children's toothbrush to their routine. From around two to six years of age we recommend using a low fluoride based toothpaste or no toothpaste. Once they switch to a regular fluoride toothpaste we recommend using a very small amount (approximately half the size of a pea). This is the case as most children will swallow a small amount. Despite this, children's toothpastes are specially formulated and have reduced levels of fluoride, which effectively protect and strengthen your child's teeth. Tooth mousse is a fluoride-free alternative which provide the same protection as fluoride. Its yummy but you don't have to worry about them swallowing it. We have these available at Complete Dental. Ask our team about the product!

MAKING BRUSHING TIME FUN

Help your child to enjoy brushing their teeth by turning on their favourite music. You can encourage your child to start brushing at the start of the song and continue until the end. That way the time will go much faster and they will get their two minutes of brushing done in no time.

CREATE A BRUSHING ROUTINE

It's most important to brush before bed. This is because after a day of eating and drinking, the mouth is loaded with bacteria and germs. If we don't clean this off before we sleep, the most damage is also done while they are asleep. If your child is often too tired to brush their teeth before bedtime, have them brushing earlier such as after dinner, while they shower/bath or set additional brushing sessions in the day to brush. Much like adults, children should brush their teeth twice a day (morning and night) for two minutes and follow a good oral hygiene routine which involves flossing.



CHOOSING A TOOTHPASTE

If your child does not like the taste of their toothpaste, try a few different brands. It is a good idea to choose a toothpaste that contains fluoride or a substitute that strengthens the enamel. It is ok if they don't want to use toothpaste, the most important goal of brushing is physically removing plaque from teeth. to ensure that the toothpaste you choose contains fluoride.

CHECK THEIR WORK

After brushing it can be beneficial to take a few minutes to inspect your child's teeth. Make sure they have reached all of the tricky spots and have paid attention to molars in the back. If you notice any white spots, dark spots or even a hole in a tooth these should be checked by a dentist.

MAINTAIN A HEALTHY APPROACH TO FOOD

Healthy eating habits are beneficial to your child's overall wellbeing. A balanced diet, with children consuming foods from all sections of the healthy food pyramid, can help to prevent decay while strengthening and protecting teeth. Encourage your child to eat healthy snacks and discuss their food choices with them.

TEETH FRIENDLY SNACKS INCLUDE:



Fresh fruit and vegetables



Cheese and yoghurt



Crackers



Nuts



It is important to avoid foods high in sugar and starch which can cause cavities. Cookies, chips, sugary drinks or juices (such as soft drinks) and roll-ups are fine as occasional treats, however they should not be a regular food staple.

LEAD BY EXAMPLE

Young children learn best by imitation. Brushing and performing an excellent dental hygiene routine and practising a healthy approach to life together with your child can help make brushing a fun part of your child's daily routine.



Did you know the health of permanent teeth largely depend on the health of childhood milk teeth?

Help set your children up to become adults with healthy teeth and healthy oral hygiene habits.

Our pre-schooler/toddler health pack can help you get started teaching your child to be responsible for their own teeth. This pack includes a toothbrush and toothpaste suitable for your pre-schooler. Ask for a pack during your child's appointment.



Complete Dental

When it comes to matters of your health and the health of your family, there is no substitute for quality. Across our two practices in Elanora and Coorparoo, Complete Dental is committed to providing the full spectrum of family dentistry. We practise an individualised approach to dentistry, taking the time to make each appointment tailored to every one of our patients.

COMMITTED TO SKILLED, COMPASSIONATE DENTISTRY

We endeavour to provide the best dental solutions for you and your kids to minimise the need for extensive treatment in later years.

We believe that maintaining sound dental health is a fundamental aspect of maintaining excellent general health. This is why we offer a comprehensive range of children's dentistry, ensuring your little one grows up with strong and healthy teeth. As well as good oral hygiene habits, they can carry into adulthood.

[REQUEST A CONSULTATION](#)



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