

NORTHMEAD DENTAL

(02) 9639 6900

Open 6 days for your convenience.



July 2015

This issue:

- Oral Hygiene for Babies and Toddlers

AND...

- Rethink Sugary Drinks

Opening Hours

Monday	7:30am – 6:00pm
Tuesday	7:30am – 5:00pm
Wednesday	8:00am – 6:00pm
Thursday	8:00am – 6:00pm
Friday	8:00am – 6:00pm
Saturday	7:30am – 11:00am
Sunday	Closed Sundays and Public Holidays

Caring for your baby's teeth needs to begin at birth - by establishing good oral hygiene habits early, your child will be well equipped to have healthy teeth for life!



For babies: wipe their gums once a day with a moist cloth.



When primary teeth appear, use a toothbrush designed for infants.

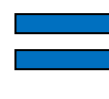


No toothpaste for the first 18 months.

'Every tooth in a man's head is more valuable than a diamond.' – Miguel de Cervantes

Learning to brush

- From the age of **four or five**, children should learn how to brush and care for their own teeth
- Until around **eight** years of age, brushing should be a combined effort by you and your child.
- Move in small circles, avoid side-to-side scrubbing
- Use a low-fluoride toothpaste for kids, available in supermarkets and chemists.



Rethink Sugary Drinks!

→ McDonald's Frozen Sprite Splash with popping candy = 18 teaspoons of sugar...

→ 7-Eleven's Mega Slurp with popping candy = 25 teaspoons of sugar...

→ A regular 600ml bottle of soft drink = 16 teaspoons of sugar!¹

Instead of grabbing a soft drink, why not try milk, water or unsweetened drinks instead?

Check out www.rethinksugarydrinks.org.au for videos, FAQs and more information.

FACTS ABOUT SUGARY DRINKS



**THERE ARE ABOUT
16 PACKS
OF SUGAR
IN 1 600ML
BOTTLE OF
REGULAR
SOFT DRINK**

**47%
OF CHILDREN**

The 2007 Australian National Children's Nutrition and Physical Activity Survey found that 47% of children (2 to 16 years of age)

**CONSUMED
SUGAR-SWEETENED
BEVERAGES
(INCLUDING ENERGY
DRINKS) EVERY DAY**

**6.75KG
WEIGHT
GAIN IN ONE YEAR**



It has been estimated that consuming one can of soft drink per day could lead to a 6.75kg weight gain in one year (if these calories are added to a typical US diet and not offset by reduction in other energy sources)

DRINKING A CAN OF SOFT DRINK EACH DAY
will significantly increase your risk of

**TOOTH DECAY
AND EROSION**



=

If you drink 1 x 600ml regular soft drink every day for a year you will drink

23 KILOS OF SUGAR



**1.28
BILLION
LITRES**

**THE AMOUNT OF
CARBONATED/STILL
DRINKS BOUGHT
IN 2012**

In the 12 months to October 2012, Australians bought 1.28 billion litres of carbonated/still drinks with sugar, with regular cola drinks being the most popular (447 million litres)

**9 PACKS
OF SUGAR
IN 600ML
SPORTS
DRINK**



**6 PACKS
OF SUGAR
IN 250ML
ENERGY
DRINK**



**AUSTRALIA IS IN THE TOP 10 COUNTRIES
FOR PER CAPITA CONSUMPTION OF SOFT DRINK**



1 pack = 4 grams of sugar