

Children's oral health situation in Australia

In South Australia alone, an estimated 14,500 school days are lost per year due to dental problems.

Children with poor oral health are 3x more likely to miss school.

Children living in remote areas are 6x more likely to experience dental disease.

95% of remote preschool Aboriginal and Torres Strait Islander children do not brush their teeth regularly.



1 in 10

children aged between 5–14 years have never visited a dentist.

Moving Australia to a decay-free future, one tooth at a time.

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*Check-ups and treatment performed at your child's school, pre-school or kindergarten are at no out of pocket expense to children (or the school/site).

Australian
Dental
Foundation

Looking after your children's teeth

Essential tips and practices for ensuring children's good oral health.



About us

Australian Dental Foundation (ADF) is an award-winning, not-for-profit organisation, dedicated to improving oral health and expanding access to quality dental care for children and teens across Australia.

ADF is proud to deliver the 'My School Dentist' program, a FREE* mobile dental program that delivers oral health care and education for students at kindergartens, primary and secondary schools.

We operate as a fully functional, award-winning mobile dental team using quality mobile dental equipment and specifically formulated oral health strategies.



12 tips for you and your child

Establishing good oral hygiene habits from a young age is crucial for a child's dental health. Good oral hygiene habits can include creating a routine and using the right toothpaste to promoting a balanced diet and regular dental checkups, these practices will set the foundation for a lifetime of optimal oral health.

1. Establish a routine: Ensure children brush their teeth twice a day - morning and before bed - for a healthy smile.
2. Supervise your child's brushing until age 7-8 for proper dental care or until they can tie their own shoelaces.
3. Choose a soft toothbrush and an appropriate toothpaste - up to 550mg/g fluoride for under 6s, and 1000-1500 mg/g fluoride for older children and adults.
4. Promote a healthy diet with an emphasis on fruits and vegetables, while limiting sugary drinks and snacks. (Did you know that tooth decay is caused by bacteria that feeds on sugar?)
5. Ensure regular dental check-ups every six months to proactively identify oral health issues and address them.
6. Lead by example: Maintain healthy dental habits yourself.

7. Limit night-time bottles to prevent tooth decay; avoid feeding bottles before bed.
8. Discourage thumb-sucking to prevent mal-alignment of teeth.
9. Consider a mouthguard to prevent serious dental injuries while playing contact sport.
10. Choose water for your child's drink bottle for the best hydration and dental care.
11. Discuss fluoride treatment with your dentist because it prevents tooth decay.
12. Ensure thorough oral hygiene by adding flossing or interdental brushes to your child's routine to help reach the places that toothbrushes cannot.

Please scan this QR code to register your child for our next dental checkup visit.

