

Monday 5 August 2019

Dental Health Week is timely to book your Child's dental check

This Dental Health Week, the Illawarra Shoalhaven Local Health District (ISLHD) is reminding parents and guardians that all children under 18 years are eligible for free dental health care at its public dental clinics.

ISLHD Lead Dental Therapist, Lynne Brissett said that now is a great time to tick off that annual trip to the dentist.

"The younger children love having a ride in the dental chair and learning how to brush their teeth", Ms Brissett said.

"Good oral health in early childhood and through to teens is extremely important for a child's overall development, function and health. Tooth decay is primarily driven by sugar consumption. We provide free check-ups and treatment for all children under 18 years listed on a Medicare card," she said.

Regular check-ups are important to ensure that teeth and gums are clean and to prevent decay, even in baby teeth. Tooth decay is almost entirely preventable.

"In between check-ups, avoid acidic or sugary drinks between meals, drink tap water and brush teeth twice a day with fluoride toothpaste, especially before bed," Ms Brissett said.

Ms Brissett said all parents are encouraged to have their child's first dental check at their first birthday.

Free dental care is available for children under the Child Dental Benefits Schedule (CDBS). The Child Dental Benefits Schedule is a Medicare program that provides access to up to \$1,000 in benefits per eligible child for a range of dental services over two consecutive calendar years. If a child is not eligible under the CDBS, all children aged 0 to 17 are still eligible for free dental treatment through the Illawarra Shoalhaven Public Oral Health Service.

The Illawarra Shoalhaven Public Oral Health Service has clinics at Wollongong, Warilla, Port Kembla, Kiama, Nowra and Ulladulla.

Interpreter services are also available and easy to organise should that be required. Contact 1300 369 651 to organise an appointment.

Oral Health Week runs from 5 – 11 August. Read more at www.ada.org.au/Dental-Health-Week

More information about ISLHD Child Dental Services can be found at - www.islhd.health.nsw.gov.au/Dental_Services/child.asp