

Thursday 3 January 2019

## Oral health care for children 2-17 years

The Illawarra Shoalhaven Local Health District (ISLHD) is reminding parents and guardians of children aged between 2-17 years are eligible for free dental health care at its public dental clinics during the school holidays.

ISLHD Lead Dental Therapist, Lynne Brissett said that the summer holidays are an excellent opportunity 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. We provide free check-ups and treatment for children aged 2-17 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.

“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.

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.

In 2018/19 the NSW Government is investing \$10 million to deliver increased dental services.

The Illawarra Shoalhaven Public Dental 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.

More information about ISLHD Child Dental Services can be found at - [www.islhd.health.nsw.gov.au/Dental\\_Services/child.asp](http://www.islhd.health.nsw.gov.au/Dental_Services/child.asp)