

## Health Information Sheet | Canberra Health Services

# Canberra Health Services Dental – Child and Youth Dental Service

In the ACT, children and young people can have dental check-ups and treatment through Canberra Health Services Dental. Canberra Health Services Dental has five child and youth dental clinics located at community health centres across the ACT:

- Belconnen Community Health Centre – 56 Lathlain Street, Belconnen.
- City Community Health Centre – 1 Moore Street, Canberra City.
- Gungahlin Community Health Centre – 57 Ernest Cavanagh Street, Gungahlin.
- Phillip Community Health Centre – 17 Corinna Street, Phillip.
- Tuggeranong Community Health Centre – Anketell and Pitman Streets, Greenway.

Dental clinics are open Monday to Friday, from 8:30am to 5:00pm. Closed Public Holidays.

## What services do you provide?

Our services include:

- check-ups of your mouth, teeth, and gums, including x-rays if needed
- cleaning and fluoride treatment
- fillings and tooth extractions

Consent for children and young people (up to the age of 18 years) is provided by the person or people that have parental responsibility.

## Who can use this service?

Child and youth dental services are available to children and young people who are:

- under the age of 5 years and live in ACT
- under the age of 14 years and live in the ACT or attend an ACT school
- under the age of 18 years and live in the ACT or attend an ACT school AND are listed on a Services Australia issued Health Care, Pension Concession or ACT Services Access Card
- under the care of the Canberra Health Services Cleft Lip and Palate Clinic
- under foster care or wards of the state.

## How do I make an appointment?

Phone Central Health Intake on (02) 5124 9977 or attend your nearest Community Health Centre.

## How much does it cost?

- General dental services are free for children under the age of 5 years and for children and youth under the age of 18 years covered by a current Services Australia issued Health Care, Pension Concession or ACT Services Access card.
- General dental services are free for children under the age of 14 years and covered by and consent to use the Child Dental Benefits Schedule (CDBS).
- For children and young people aged 5 to 14 not covered by any of the above, there is a charge per recall period from the date of check-up. Any dental emergencies treated at a public dental clinic between check-ups are also covered by this fee.
- Please note that any dental treatment provided under general anaesthetic at a hospital in Canberra will incur a fee for children not covered by a Medicare card.

## Tips for healthy teeth:

- To have good health, you must have a healthy mouth.
- Limit sugary foods and drinks to special occasions. This includes food and drinks with added sugar, honey, syrup, and fruit juice.
- Drink tap water to help keep your teeth healthy.
- Do not put babies and children to bed with a bottle. Bottle feeding through the night is linked to tooth decay.
- Brush your teeth every morning and night using a toothpaste that has fluoride in it. Use toothpaste that is suitable for your age.
- Clean between your teeth every day.
- Ask for help if you have trouble cleaning your teeth. Help others who might need help, such as children under eight years.
- The first dental check should be when your baby turns 12 months old. You can book sooner if you have any concerns.
- Have regular dental check-ups. Talk to your dental professional about how often to have a check-up. This is different for everyone. It depends on how well you look after your teeth, if you have had past or current problems with your teeth and gums, and any health issues you have.
- Avoid smoking, vaping, tobacco products (like chewing tobacco) and limit drinking alcohol. They can hurt the health of your mouth. Talk to your dental professional for support quitting.

*If you have any questions, please talk with your dental professional – CHI: (02) 5124 9977.*



### Acknowledgement of Country

Canberra Health Services acknowledges the Ngunnawal people as traditional custodians of the ACT and recognises any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and contribution to the life of this region.



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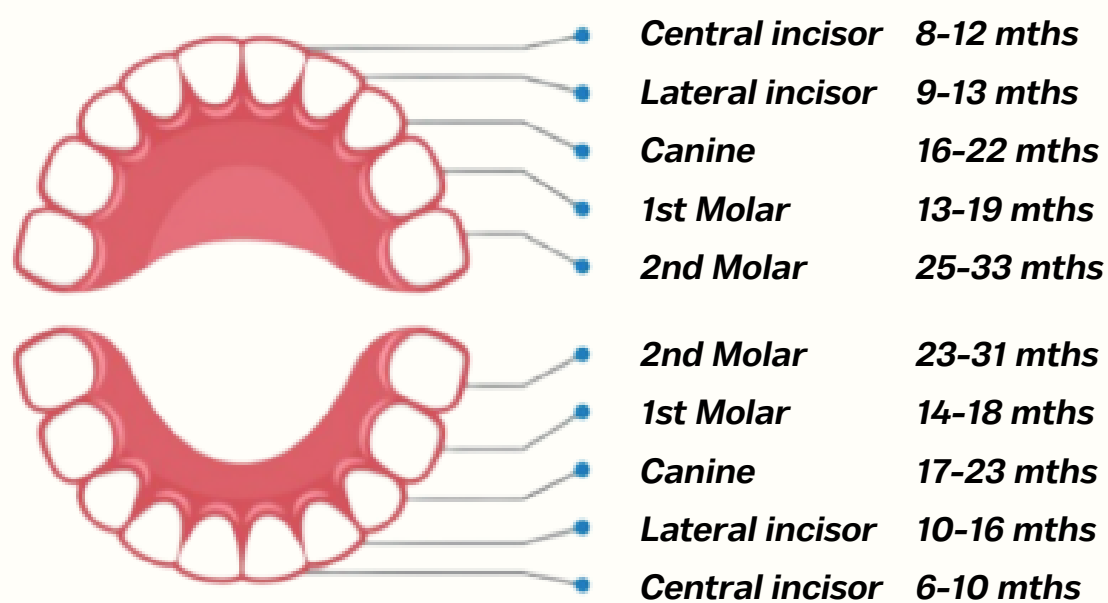


# Healthy Smiles for Bubba

First tooth means first check-up. Book a dental appointment as soon as you see a tooth appear. As well as checking bubba's teeth and mouth, this visit allows you to ask questions and get professional dental advice.



## WHEN BABY TEETH APPEAR



Brush bubbas teeth every morning and night. Start when the first tooth appears. Use a toothbrush with a tiny bit of fluoride toothpaste. Make sure all surfaces are cleaned well.

Fresh foods are best for teeth and body. Try yoghurt, cheese, or cut up carrot, or apple. Avoid sticky and sweet food. They can increase the risk of tooth decay. Only put water or milk in the baby bottle. Bubba does not need juice or fizzy drinks.



Regularly lift the lips and have bubba open wide and check for any white, brown, or black marks on the teeth. These could be signs of tooth decay.

**For more information visit [mobsmiles.org.au](http://mobsmiles.org.au)**

Mob Smiles is made possible by the Australian Dental Association