

# BE DENTALLY FIT

*Every child deserves a healthy smile*

*In 2016, over a third (34%) of all 5 year olds in South Canterbury have already had either decayed, missing or filled teeth. We can prevent this.*

*A healthy smile is important for children's wellbeing and confidence at school*



Hacer Tekinkaya, Child Nutrition & Oral Health Promoter



## 5 TIPS TO KEEP YOUR FAMILY'S SMILE HEALTHY

1. Brush x2 a day with fluoride toothpaste.
2. Spit, don't rinse.
3. Limit sugary food and snacks.
4. Drink water and plain milk.
5. Have regular dental check-ups.

## FREE DENTAL CARE UNTIL THEIR 18<sup>TH</sup> BIRTHDAY

The Community Dental Service provides free oral health services to all eligible children in South Canterbury, as well as the co-ordination of adolescent oral health access. For families new to South Canterbury, they can call 0800 846 983 or email [commndental@cdhb.health.nz](mailto:commndental@cdhb.health.nz) to enrol. This could be useful information to share with whānau in your ECE or school.

## NOVEMBER SWITCH TO WATER CHALLENGE

Join the challenge to ditch sugary drinks and Switch to Water this November, as part of National Oral Health Day on Friday 3 November.



## DENTISTS CAN ADOPT A SCHOOL TO BE WATER AND MILK ONLY

New Zealand Dental Association's Adopt a School initiative (in partnership with Colgate) is giving free toothbrushes and toothpaste to all students of schools who are supported by dentists to become water and milk only.

For more information visit [www.nzda.org.nz/about-us/news/adopt-a-school](http://www.nzda.org.nz/about-us/news/adopt-a-school) and speak to your WAVE Facilitator.

### Useful Links:

- [www.letstalkteeth.co.nz](http://www.letstalkteeth.co.nz) and [www.healthysmiles.org.nz](http://www.healthysmiles.org.nz)
- WAVE Resource Centre has a number of resources on Oral Health.
- Talk to your WAVE Facilitator if you would like professional development on Oral Health.

A link to this article can also be found on our website: [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

