

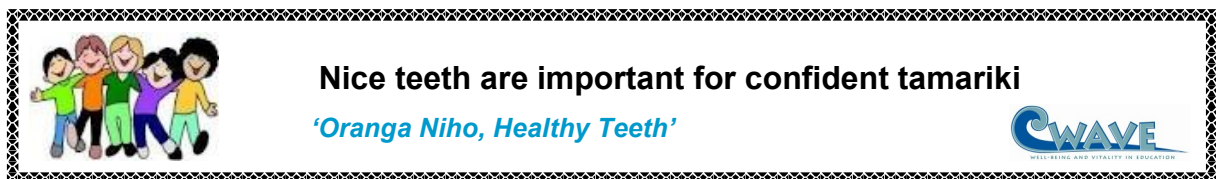


GET INTO ORAL HEALTH
It's easy. It's free.
And it's never too late to enrol your child.



Just call 0800 Talk Teeth (0800 825 583)

'Oranga Niho, Healthy Teeth'





Good oral health starts at home, so by making good oral health a fun daily activity your whanau can also fight decay and help keep those smiles bright!

'Oranga Niho, Healthy Teeth'



Ma te huruhuru te manu ka rere, ma te niho ora ka ora te tangata
With feathers the bird will fly, with good oral health, the person will thrive

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Be positive – don't forget to praise your tamariki for cleaning their teeth and having a healthy smile

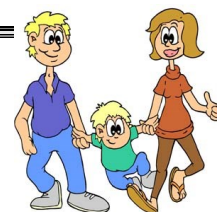
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**Be positive to your child about dental visits.
Use up-beat language such as “keeping your teeth healthy”
and “keeping your smile beautiful”**



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Load up the Lunchbox

Tooth-friendly kai:

- bread
- cheese
- vegetables and whole fruit
- plain popcorn
- nuts
- yoghurt

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BRUSH UP ON HEALTHY TEETH



Brush your teeth in the **morning** and at **night**.
Choose a **fluoride toothpaste** for your whānau.

V. MAY 2019



Canterbury
District Health Board
Te Puhi Haukura o Waitaha



Drink to Oral Health!

- Tap water is the best choice – It's fresh and it's free
- Milk has calcium that builds strong teeth and bones
- Limit sweet drinks such as fruit juice, flavoured milk, soft drinks and sports drinks. Have these only occasionally and at main meal times

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Don't Rush Your Brush!



Brush for 2 minutes twice a day to:

- clean off plaque that sticks to teeth
- prevent decay
- freshen your mouth

Helpful hints to brush for 2 minutes:

- brush to a song
- count to 10 every two teeth
- time your brushing with a stop watch

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Snacking for Bright Smiles



- Sugary foods and drinks should only be eaten occasionally and at main meals times rather than as a snack
- Choose high protein snacks to help fight decay
e.g. cheese, yoghurt, milk
- Sipping on soft drink, juice and sports drinks causes decay
 - Drink water and milk

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How to Brush



Use just a smear of fluoride toothpaste on a small, soft toothbrush if your child is under six years and a pea-sized amount if your child is six years and over.

Inside and Out

Brush all around the inside surfaces, where teeth meet gums, and also the top chewing surfaces. On the front of the teeth, use tiny circles all around the outside surfaces, close to the gums.

Spit, don't rinse

Remember to teach your child to spit out after tooth brushing. Do not rinse with water, because a small amount of fluoride toothpaste left around the teeth will help protect them.

Get flossing

Flossing cleans away plaque and bits of food from between your teeth and below the gum line. It gets to places your brush can't reach. A child should start flossing when two teeth touch. To begin with, you will have to floss your child's teeth, but they will eventually learn to do it for themselves. Floss once a day.

**If you are not sure how to floss, talk to your dental professional,
just call 0800 TALK TEETH (0800 825 583)**

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Let's Celebrate!
World Oral Health Day 20th March



5 Tips for a Healthy Smile:

1. Brush twice a day with a fluoride toothpaste
2. Have regular dental check-ups
3. Lift the lip every month and check your child's teeth and gums
4. Choose healthy snacks
5. Drink water or milk

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Show your teeth some AROHA



Brush and floss every day to make your teeth feel loved

Brush:

- with a soft bristled tooth brush
- using a smear of fluoride toothpaste for children under 6 years and a pea-sized amount for children 6 years and over
- 2 x a day - morning and night
- for 2 minutes each time
- along the gums – where teeth and gums meet
- the outsides and insides of the teeth
- the chewing surfaces
- the tongue gently

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Spring is Just Around the Corner!
Time to Brighten Your Smile



Do some spring cleaning for your oral health:

- Toss out your old tooth brush
- Check sports mouth guards for wear
- Try flossing if you don't already do so
- Eat fresh spring vegetables and fruit for snacks or desserts

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World Smokefree Day 31st May
Smoking and oral health – more reasons
to be smokefree



Smoking can cause:

- Bad breath
- Stained teeth
- Loss of taste and smell
- Tongue discoloration
- Tooth loss
- Throat and oral cancers
- Gum disease

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Trick or Treat?



6 Tricks for dealing with Halloween treats:

- Give teeth a rest - limit the number of times a day your child eats sugary treats or snacks between meals
- Serve tooth-friendly snacks, such as vegetables, cheese, nuts or seeds
- It is best to eat sugary treats only occasionally and at meal times while there is still plenty of saliva in the mouth. Saliva helps wash away the sugars and acids that cause decay
- Drinking a glass of water after eating a sugary treat will help wash away some of the sugars and acids
- Avoid soft, sticky treats that get stuck between teeth
- Always have your child brush and floss before going to bed

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'Egg-cellent' Easter Tips



- **Easter treats don't need to be sugary.** Try tooth-friendlier options such as a new story book, fluffy chicks, a new egg cup, a colourful/novelty toothbrush or spend quality time with your child decorating real eggs.
- **Think small this Easter.** Easter eggs have been available to buy in the shops as early as February! Remember chocolate eggs are an occasional food and best saved to be enjoyed as a special treat on Easter Sunday. Buy a small selection of small eggs.
Small eggs = smaller risk of decay!
- **Give teeth a rest.** Enjoy Easter treats at the end of a meal, rather than constantly nibbling throughout the day. A mouth that is already producing saliva will do a better job of fighting off the acid attack.
- **Consider having a dairy food after an Easter treat.** Dairy foods such as milk & cheese help protect teeth from acid attacks.
- **Drink a glass of tap water** after eating your Easter Eggs. This helps to wash away the sugars that cause decay.
- **Brush teeth with a soft toothbrush** and full strength fluoride Toothpaste, twice a day.

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Eat 5+ A Day to Prevent Decay



Whole fruit and vegetables:

- provide many goodies such as vitamins, minerals and antioxidants which help fight tooth decay and gum disease
- increase saliva flow which protects teeth against acid attacks

Watch out for:

- Dried fruit - because it sticks to teeth and is high in sugar it's best to offer as part of a meal rather than as a snack by itself
- Fruit juice – even those that claim “no added sugar” are still high in natural sugars. Offer juice only occasionally and with a meal rather than between meal times. If your child regularly drinks fruit juice, start diluting this with water gradually

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Give the Gift of Oral Health this Christmas!



Stocking stuffers that bring out a smile:

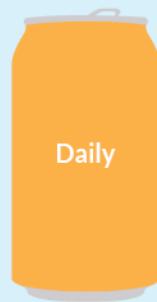
- Cartoon character, brightly coloured or patterned toothbrushes: Children will be more likely to brush if it involves using a novel toothbrush
 - Tube of fluoride toothpaste
 - Plain popcorn
 - New mouth guard
- Fresh Fruit e.g. strawberries, cherries, oranges etc.

Happy Holidays!

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TE HIRINGA HAUORA

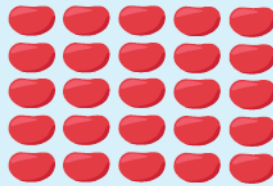
You could save \$60 a month

if you switch your daily can of soft drink for tap water.

NPA259G | JAN 2020



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A 350ml bottle of fruit juice

contains as much sugar as 25 jelly beans.

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If you drink a 600ml bottle

of soft drink every day, you will drink 480 teaspoons of sugar a month, which equals 2kg of sugar.

NPA259F | JAN 2020