

Tips for a healthy smile




Brush 2x a day with fluoride toothpaste

Spit - don't rinse

Eat healthy kai

Drink water and plain milk

Have regular dental check-ups



EWAVE
Department of Health

For more info, call 0800 TALK TEETH,

BRUSH UP ON HEALTHY TEETH



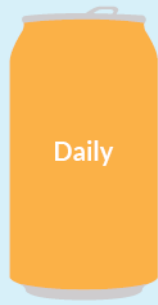
Brush your teeth in the **morning** and at **night**.
Choose a **fluoride toothpaste** for your whānau.

0-6 year olds only need a smear of toothpaste on their brush



6 years and older need a pea sized amount





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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.

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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.

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Baby teeth matter

They help me smile, chew and talk



Brush teeth twice a day

Morning and night - with fluoride toothpaste



Brush teeth together

With Whānau



Spit!

Don't rinse after brushing



Choose Water

And plain milk to drink



Choose Healthy Kai



Make tooth brushing fun

Brush with a favourite toy, brush with brothers and sisters, brush while listening to your favourite song



Choose a fluoride toothpaste



Baby teeth matter

Brush when your child's first tooth appears



Help your teeth sparkle

Brush teeth together as whānau,
after breakfast and before bed



Menemene mai!

Choose tooth-friendly water and
plain milk to drink



Tamariki can't reach their back teeth

Help tamariki brush until they turn 8 years old



Change your toothbrush
with the season



Baby teeth matter

Get them checked for free each year. Contact
Community Dental Service to book an appointment
0800 846 983 or commndental@cdhb.health.nz



Tamariki need their teeth checked each year

It's free. Contact Community Dental Service
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