

Oraka niho, Oraka kata – Healthy Teeth, Healthy Smile Chart



Ka paraihe o niho i te ata, whakaotia te pikitia o te rā
When you brush in the morning, colour in the sun



Ka paraihe o niho i te pō, whakaotia te pikitia o te marama
When you brush at night, colour in the moon

Marama (month) –

Ingoa (name) –

Rāhina Monday	Rātu Tuesday	Rāapa Wednesday	Rāpare Thursday	Rāmere Friday	Rāhoroi Saturday	Rātapu Sunday

Paraihetia ō niho ki te pēniho fluoride kia rua ngā wā ia rā
Brush twice a day with fluoride toothpaste

E kai i ngā kai timotimo pai mō ngā niho
Choose healthy, tooth friendly snacks

Kia rite tonu tā te tākuta poka niho tātari i ō niho
Have regular dental check ups

Inumia te wai māori me te miraka
Drink water and milk