

ORANGA NIHO

HEALTHY TEETH

ORANGA KATA

HEALTHY SMILE



Ki ngā mātua, tēnā koutou.

To parents

Ngā niho o ā koutou tamariki

Your child's teeth

Enrol your pre-school child for regular dental care at a school dental clinic which is often at the primary or intermediate school nearest your home.

All dental care for pre-school and school children by the dental therapist at these clinics is free.

Te tiaki i ngā niho o tō tamaiti

Caring for your child's teeth

As parents or caregivers you can teach your child to care for their teeth.

Encourage your child to brush his or her own teeth twice a day from an early age so it will become a regular habit.

As with many things, they will learn by copying you or other members of the family.

Whakangātia ō niho i te kai huka waenganui i ngā wā kai

Give your teeth a rest from sugar between meals

We know that sugar can harm teeth. This can lead to tooth decay, holes, rotten teeth and toothaches.

*Eating sweet foods **between meals** can cause tooth decay. If you give your child sweet food or drinks, do so at meal times and **give their teeth a rest from sugar between meals.***

Healthy snacks for children between meals are unsweetened food like bread, cheese, fresh fruit or raw vegetables. Encourage children to drink water. It is fresh and free.

Hau-kōwhai

Fluoride

Brushing with fluoride toothpaste helps prevent tooth decay. For young children use a soft brush with a very small smear of toothpaste. Remember to spit out and not rinse after brushing teeth.

