

Healthy food and drinks

Brush teeth twice a day

# Caring for teeth



These foods and drinks are good for teeth.



Brush in the morning and just before going to bed. Use fluoride toothpaste.



Healthy teeth.



Healthy teeth will last a lifetime.

#### CONTACTS

WellChild Nurse / Provider .....

Preschool .....

School Dental Service .....

Dentist .....

Hospital Dental Service .....



These foods and drinks can harm teeth.



Unhealthy teeth.



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## Baby's teeth



*Avoid putting baby to bed with a bottle. The juice or milk stays around the teeth and can decay them.*



*Clean baby's teeth with a small soft toothbrush and a smear of fluoride toothpaste.*



*Use a cup for drinks rather than a bottle. Offer only milk or water.*

## Preschooler's teeth



*Enrol your child as early as possible with a dental therapist, eg, at 12 – 15 months old. Ask your preschool or WellChild nurse for enrolment forms.*



*Teach preschoolers how to clean their teeth. Brush in the morning and just before going to bed.*

## Your family's teeth



*Dental care is free for children up to their eighteenth birthday.*



*Older people need regular dental checks too.*