

# 5 Tips to Keep Kids Smiling



## Taitaia ōu niho ki te pēniho pūkōwhai mō te 2 miniti, e rua ngā wā ia rā

Mō ngā tamariki atu ki te rima tau te pakeke, whakamahia tētahi taitai niho ngāwari, ka pani ki te tino iti rawa o te pēniho pūkōwhai mā ngā pakeke (nui atu i te 1000 ppm).

Mō ngā tamariki pakeke ake i te ono tau, whakamahia tētahi taitai niho ngāwari, ka pani ki te paku pēniho pūkōwhai a ngā pakeke (nui atu i te 1000 ppm).

Āwhinatia ngā tamariki iti iho i te waru tau ki te taitai i ō rātau niho.

Kaua e toha taitai niho ki ētahi atu, a, me whakahou i te taitai niho ia toru marama.



## Tuwha, kaua e opeopea i muri i te taitaitanga

Ka āwhina te pūkōwhai i roto i te pēniho ki te ārai atu i te pirautanga o ngā niho.

Kaua e kai, e inu ranei i muri i te taitai niho, inā hoki i te pō, kia taea tonu ai e te pūkōwhai te mahi i tāna mahi ki te tiaki me te whakapakeke i ngā niho.



## Inumia te wai mai i te kōrere wai me te miraka hoki

He kore-utu te wai kōrere, he huka-kore hoki, ā, ko te nuinga o ngā mātāpuna wai puta noa i Te Whanganui-a-Tara kua pūkōwhaitia hei tautoko i te oranga niho.

Ko te wai te tino inu i te wā e tākaro hākinakina ana, ā, me maumahara ki te mau ārai niho i te wā e tākaro ana i ngā tākaro kakari.



## Kaingia ngā kai timotimo karekau he huka o roto

Tīpakohia, ā, whakatakahia ngā kai huka-kore.

Kia iti noa te kai i ngā kai nui te huka.



## He utu kore mō te haere ki te rata niho ina kei raro i te 18 tau te pakeke

He kore-utu te tiakanga niho mai i te whānautanga mai ki tō huringa tau 18.

Waea atu ki 0800 TALK TEETH (0800 825 583) ki te whakauru, ki te whakarite toronga, ki te whakahou rānei i ō taipitopito.

Toro atu ki [www.beehealthy.org.nz](http://www.beehealthy.org.nz) mō te roanga o ngā whakamārama.

**Bee Healthy**  
Regional Dental Service



Te Reo

**0800 TALK TEETH (825 583) | [www.beehealthy.org.nz](http://www.beehealthy.org.nz)**

# Ngā pātai auau

He ratonga niho ā-hāpori KORE UTU te Ratonga Niho ā-Rohe o Bee Healthy mā ngā tamariki i raro i te 18 tau puta noa i te rohe whānui o Te Whanganui-a-Tara.

Ka whakaurua mai ngā pēpē, ka whānau mai i te Rohe o Te Whanganui-a-Tara, i te whānautanga. Mai i tō rātou huringa tau 2 me toro atu ngā tamariki ki tō rātou kaihaumanu niho mō tā rātou tirohanga ā-tau.

Ka tirohia ngā kōhungahunga mā te tāpui i tō rātou whare haumanu niho tata o Bee Healthy.

Ka tirohia ngā tamariki kura e te waka kawē o Bee Healthy i tō rātou kura ia tau. Mā tō kura koe e whakamōhio mēnā kāore e taea e te waka kawē te toro atu. Me waea koe ki a Bee Healthy mō tētahi tāpuitanga.

Ka whai mohimohi niho ngā taiohi mai i tētahi rata niho kei ō rātou hāpori, ā, ka KORE UTU\* tonu te whakarato mohimohi niho tae rawa ki tō rātou huringa tau 18 (\*hāunga ngā maimoatanga a te rata niho tāpiki).

## Whakapā atu ki a Bee Healthy ki te:

- Whakauru i tō tamaiti
- Whakarite toronga
- Rongo kōrero anō

**Hāora:** Rāhina ki te Rāmere  
8.00am - 4.30pm

**Waea:** 0800 TALK TEETH (825 583)

**Ipurangi:** [www.beehealthy.org.nz](http://www.beehealthy.org.nz)

**Mēra:** Bee Healthy Regional Dental Service, Private Bag 31 907, Lower Hutt.

## Ngā Wāhi o ngā Whare Maimoa Niho o Bee Healthy:

### Wellington

**Miramar,** Miramar Central School, 38 Park Road

**Newtown,** Selby House, 175a Adelaide Road

**Johnsonville,** Raroa Intermediate School, 39 Haumia Street

### Porirua

**Cannons Creek,** Brandon Intermediate School, 32 Driver Crescent

**Titahi Bay,** Titahi Bay School, 11 Kura Street

### Hutt Valley

**Alicetown,** Hutt Central School, 6 Railway Avenue

**Petone,** Petone Central School, 20 Britannia Street

**Naenae,** Naenae Intermediate School, 100 Walters Street

**Wainuiomata,** 14 Rata Street

**Stokes Valley,** Koraunui School, 47 Montgomery Street

**Trentham,** Trentham School, 2 Moonshine Road

### Kāpiti Coast

**Paraparaumu,** Paraparaumu School, Ruapehu Street

**Raumati Beach,** Raumati Beach School, 26-34 Raumati Road

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