

## Healthy food and drinks



These foods and drinks are good for teeth.



Healthy teeth.



These foods and drinks can harm teeth.



Unhealthy teeth.

## Brush teeth twice a day



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



Healthy teeth will last a lifetime.

### CONTACTS

- Well Child Tamariki Ora provider.....
- Preschool.....
- Community Oral Health Service.....

To find out what oral health services you may be eligible for, call 0800 TALK TEETH (0800 825 583) or visit [info.health.nz/services-support/dental-care#publicly-funded-dental-care-2736](http://info.health.nz/services-support/dental-care#publicly-funded-dental-care-2736)



Revised March 2025. Code HE1524  
This resource is available from [healthed.govt.nz](http://healthed.govt.nz)  
or your local Authorised Provider.

# Caring for teeth



## 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 half a pea sized amount 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 Health NZ Community Oral Health Service, eg, at 9 months old. Ask your preschool or Well Child Tamariki Ora provider for enrolment forms: [tewhatuora.govt.nz/for-health-providers/publicly-funded-health-and-disability-services/visiting-a-dentist#children-upto-school-year-8](http://tewhatuora.govt.nz/for-health-providers/publicly-funded-health-and-disability-services/visiting-a-dentist#children-upto-school-year-8)



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.