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

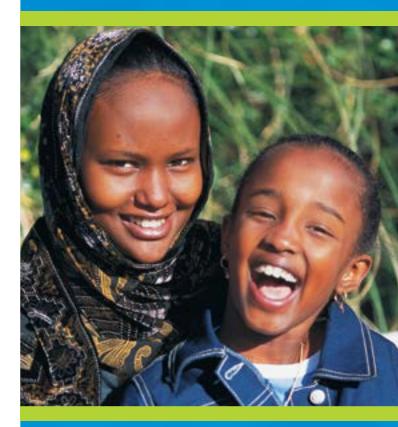
To find out what oral health services you may be eligible for, call 0800 TALK TEETH (0800 825 583) or visit info.health.nz/servicessupport/dental-care#publicly-funded-dental-care-2736

Health New Zealand Te Whatu Ora



Revised March 2025. Code **HE1524** This resource is available from healthed.govt.nz or your local Authorised Provider.

Caring for teeth



Baby's teeth

Preschooler's teeth

Your family'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.



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



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



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



Older people need regular dental checks too.