



Baby teeth matter

They help me smile, chew and talk



Brush teeth twice a day

Morning and night - with fluoride toothpaste



Brush teeth together

With Whānau



Spit!

Don't rinse after brushing



Choose Water

And plain milk to drink



Choose Healthy Kai



Make tooth brushing fun

Brush with a favourite toy, brush with brothers and sisters,
brush while listening to your favourite song



Choose a fluoride toothpaste



Baby teeth matter

Brush when your child's first tooth appears



Help your teeth sparkle

Brush teeth together as whānau,
after breakfast and before bed



Menemene mai!

Choose tooth-friendly water and
plain milk to drink



Tamariki can't reach their back teeth

Help tamariki brush until they turn 8 years old



Change your toothbrush

with the season



Baby teeth matter

Get them checked for free each year. Contact
Community Dental Service to book an appointment
0800 846 983 or commdental@cdhb.health.nz



Tamariki need their teeth checked each year

It's free. Contact Community Dental Service
0800 846 983 or commdental@cdhb.health.nz