

# Menemene Mai

FOR TAMARIKI

## Children discover how to look after their teeth and smiles.

### Kōrero What to do

Use magazines to find pictures of people's teeth.

Help tamariki cut out pictures of people's teeth and smiles. Together, make a collage and display the collage on your wall. Encourage tamariki to think of a name for your collage. You may want to include the word 'smile' or 'teeth' in different languages on your collage. Talk with children about how they can keep their smiles bright.

### Key resources

Magazines

### Additional resources

[Baby Teeth Matter](#) – Tooth Fairy video

### Key messages

- 🦷 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
- 🦷 Have a dental check-up each year

