Tooth Brushing Chart

FOR TAMARIKI & WHĀNAU

Tamariki learn to brush their teeth twice a day and are encouraged to brush teeth together with whānau.

Kōrero What to do

Print off a 'Tooth brushing chart' for each child (available in diverse languages). Explain that to keep our teeth strong, we brush twice a day, once in the morning (picture of sun) and once at night (picture of moon).
Tamariki may take the chart home and brush their teeth at the same time as their whānau.

Key resources

- 'Tooth brushing chart' (available in diverse languages) attached below.

Additional resources

- 'Scratchy tooth brush charts' – in 'Teeth Tools'

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

Tooth Brushing Chart for .....(Child's name)

Colour in the sun after you brush in the morning

Colour in the moon after you brush at night

Month:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Tips for Healthy Teeth

Brush teeth twice a day with fluoride toothpaste

Drink water and milk

Choose tooth friendly snacks

Have regular dental check-ups

..... (兒童的名字)刷牙記錄表

早上刷牙以後請給 塗上顏色

晚上刷牙以後請給 塗上顏色

月份：

星期一	星期二	星期三	星期四	星期五	星期六	星期日

牙齒健康小竅門

每天用含氟牙膏刷牙 2 次

喝水或牛奶

選擇不損害牙齒的小吃

進行定期牙齒檢查

はみがきひょう（おなまえ）.....

あさのはみがきがおわったら に いろをぬってね。

よるのはみがきがおわったら に いろをぬってね。

つき:　　がつ

げつようび	かようび	すいようび	もくようび	きんようび	どようび	にちようび

健康な歯の為に

歯磨きは一日２回、フッ素入りの歯磨きペーストを使って磨きましょう。

Drink 飲み物は、水と牛乳にしましょう。

歯にやさしいおやつを選びましょう。

定期的に歯の検診を受けましょう。

KOREAN

양 치 질 표

..... (이 름)

아침에 양치질한 후 해님을 색칠하세요 | 잠자리 들기 전 양치질하고 달님을 색칠하세요

달 :

월요일	화요일	수요일	목요일	금요일	토요일	일요일

건강한 치아를 위한 관리 요령

불소가 함유된 치약으로 하루에 두 번 양치질 하세요
물 과 우유를 마시고
치아에 좋은 간식을 선택하고
정기적인 치과 검진을 받으세요