

# Send a Smile

FOR TAMARIKI & WHĀNAU

**Tamariki draw a smile to take home to a whānau member.**

## **Kōrero What to do**

Print off 'Tips for a Healthy Smile' (available in diverse languages). Ask tamariki questions about the key messages and encourage tamariki to 'Send a Smile' by drawing on the other side of 'Tips for a Healthy Smile.'

Make sure tamariki take their 'Send a Smile' home for a whānau member.

Tamariki may also complete this activity at home.

Alternatively, use the 'Here is a big smile' PDFs

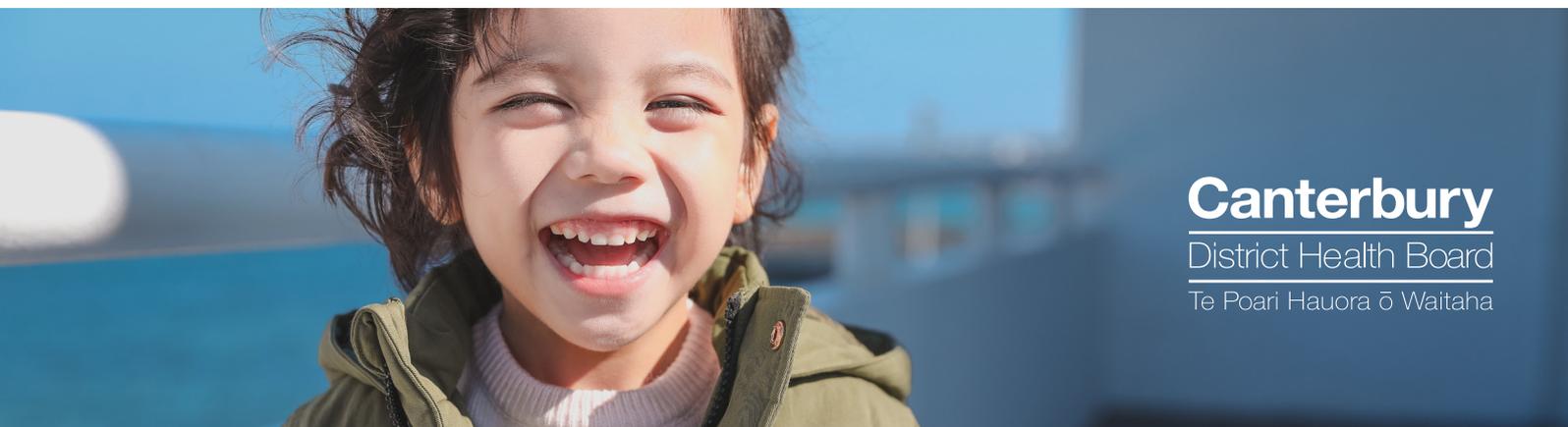
## **Key resources**

'Tips for a Healthy Smile', available in diverse languages in ['Teeth Tools'](#)

'Here is a big smile' PDFs

## **Key messages**

- 🦷 Baby teeth matter – they help me smile, chew and talk
- 🦷 Brush twice a day - morning and night- with fluoride toothpaste
- 🦷 Brush teeth together with whānau
- 🦷 Spit don't rinse after brushing
- 🦷 Choose water or plain milk only
- 🦷 Choose healthy kai
- 🦷 Have a dental check-up each year

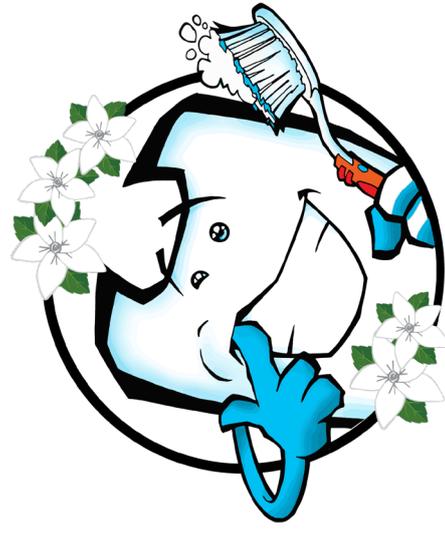


*Here is a big smile to thank you*

FOR HELPING ME LOOK AFTER MY TEETH

**From:**

**To:**

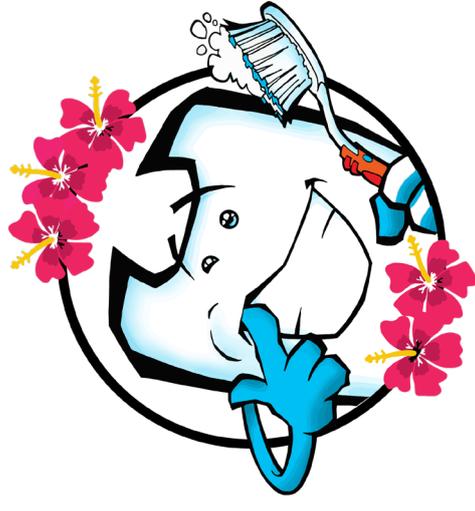


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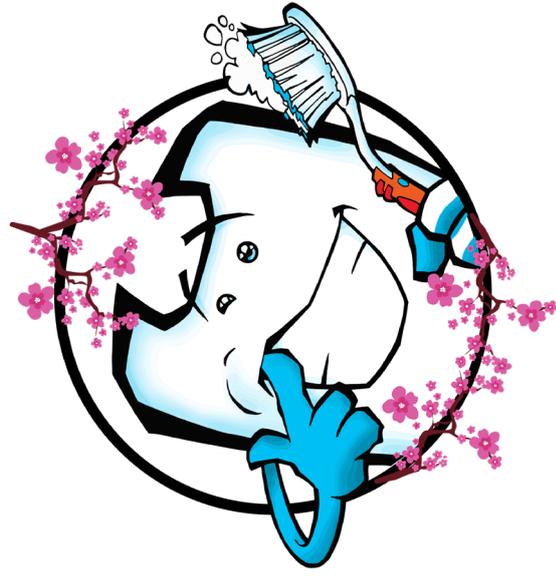


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