

My Teeth

FOR TAMARIKI

Kaiako provide activities and resources in response to children's curiosity about their teeth.

Kōrero What to do

Encourage tamariki to express questions they have about their teeth. Questions may be prompted by an upcoming dental visit of one of the tamariki, or the Read a book together activity.

A 'My Teeth' inquiry may include: Why do teeth fall out? What do I need baby teeth for? How are baby teeth different from adult teeth? How many baby teeth will I have? How do I look after my teeth? How do I brush my teeth? What happens when I visit the dental therapist? What food is friendly to my teeth? What drinks are friendly to my teeth?

Choose activities, messages, and resources in Menemene Mai to guide the inquiry.

Key resources

- The Happy Tooth' book in '[Teeth Tools](#)'
- 'Oranga Niho' book in '[Teeth Tools](#)'
- '[ABC Dentist](#)' by Harriet Ziefert in '[Teeth Tools](#)'
- '[Tooth by Tooth - Comparing Fangs, Tusks, and Chompers](#)' by Sara Levine in '[Teeth Tools](#)'
- '[Healthy smiles 0-4 years](#)' 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