



# *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 [commndental@cdhb.health.nz](mailto:commndental@cdhb.health.nz)



# *Tamariki need their teeth checked each year*

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