

Healthy food and drinks



These foods and drinks are good for teeth.



Healthy teeth.



These foods and drinks can harm teeth.



Unhealthy teeth.

Brush teeth twice a day



Brush in the morning and just before going to bed. Use fluoride toothpaste.



Healthy teeth will last a lifetime.

CONTACTS

Well Child nurse/provider

Preschool

School dental service

Oral health/dental health therapist

Hospital dental service

Te Whatu Ora
Health New Zealand

Te Kāwanatanga o Aotearoa
New Zealand Government

MANATŪ HAUORA
MINISTRY OF HEALTH

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This resource is available from www.healthed.govt.nz
or your local Authorised Provider.

Caring for teeth



Baby's teeth



Avoid putting baby to bed with a bottle. The juice or milk stays around the teeth and can decay them.



Clean baby's teeth with a small soft toothbrush and half a pea sized amount of fluoride toothpaste.



Use a cup for drinks rather than a bottle. Offer only milk or water.

Preschooler's teeth



Enrol your child as early as possible with a dental/ oral health therapist, eg, at 9 months old. Ask your preschool or Well Child nurse for enrolment forms.



Teach preschoolers how to clean their teeth. Brush in the morning and just before going to bed.

Your family's teeth



Dental care is free for children up to their eighteenth birthday.



Older people need regular dental checks too.