## 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

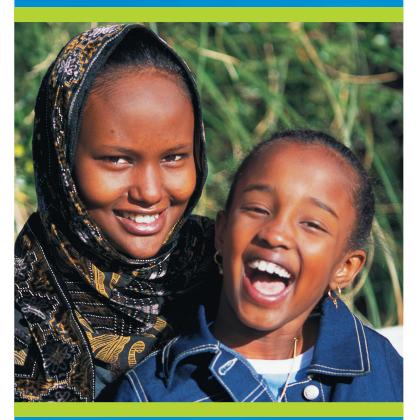
Te Whatu Ora
Health New Zealand

Te Kāwanatanga o Aotearoa



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or your local Authorised Provider.

# Caring for teeth



## Baby's teeth

## Preschooler's teeth

## Your family'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.



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.



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



Older people need regular dental checks too.