

World Oral Health Day

20 March 2020

Taking care of your child's mouth is important for their health and wellbeing. Baby teeth play an important role in saving spaces for permanent teeth and need looking after.



Basic dental care in New Zealand is FREE for
0-17 year olds

Top tips for a healthy smile

- ♥ Brush your child's teeth twice a day for 2 minutes with a little bit of fluoride toothpaste.
- ♥ Lift the lip to check for signs of tooth decay (holes).
- ♥ Choose healthy snacks like fruit, cheese, plain crackers or cooked vegetable sticks.
- ♥ Drink water and milk. After age one, encourage cups over bottles.
- ♥ Have regular dental check-ups.

Contact your Community Oral Health Service on **0800 TALK TEETH**

0800 825 583