

# 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 a smear 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 therapist, eg, at 9 months old. Ask your preschool or WellChild 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.*

# 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

WellChild Nurse / Provider .....

Preschool .....

School Dental Service .....

Dentist .....

Hospital Dental Service .....



New Zealand Government



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the Authorised Provider at your local DHB.