

# *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 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.*



# 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 .....



New Zealand Government



MANATŪ HAUORA

Revised October 2020. Code **HE1524**

This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz)  
or the Authorised Provider at your local DHB.