

5 TIPS TO KEEP YOU SMILING



Fufulu faka-lua na nifo i te aho mo he lua minute. Fakaaoga na mea-fulu nifo e iei te fluoride



Na he pūpūāgia na nifo ini vai ka uma te fufulu



E hili te inu ki na vai ma te huhu



Filifili na meakai faka-vaikaiga (snacks) e he lahi iei he huka



Ko na hiakigā nifo o fanau i lalo o te 18 tauhaga e heai he totogi