



Te Whatu Ora
Health New Zealand

How to look after a child's teeth



This is the Easy Read booklet of the leaflet **5 Tips to keep kids smiling and frequently asked questions.**

Bee Healthy Regional Dental Service

Easy Read

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What is this booklet about?



This booklet is about how to look after teeth.

Everyone needs to look after their teeth.



This booklet is for kids who are:

- over 6 months old

and

- under 18 years old.



There are more booklets about how to look after teeth for:

- babies who are less than 6 months old
- teenagers who go to high school
- people who have a baby growing inside them.

There is also a booklet about some of the hard words that dentists may use.

You can find the booklets on the Bee Healthy website.



Go to this website link to find them:

<https://www.beehealthy.org.nz/resources>

Scroll down the page and look for things that say **Easy Read**.

Why do we need to look after our teeth?



If you look after your child's teeth it helps their teeth to be strong.

If teeth are not strong they can get sore.



There are things you can do to help your child look after their teeth.

Most of them are things they can do every day.

These things will help their teeth to be strong.

Things that help your child's teeth

Brush their teeth 2 times every day

Your child needs to brush their teeth:



- for 2 minutes **in the morning**

and



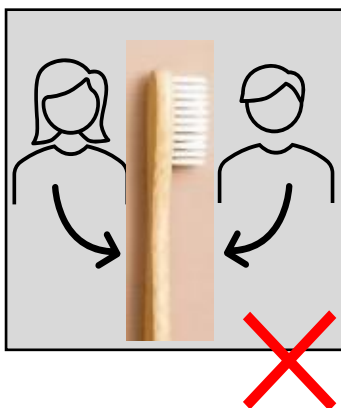
- for 2 minutes **at night** before they go to bed.

Your child's toothbrush

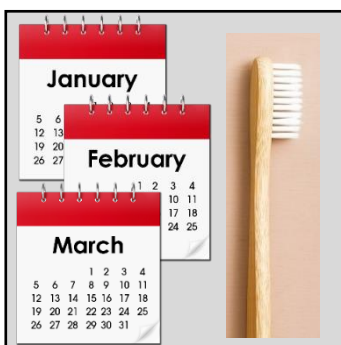


It is better to use a **soft** toothbrush.

Everyone needs their own toothbrush.



2 people should **not** use the same toothbrush.



It is a good idea to buy a new toothbrush every 3 months.

Your child's toothpaste



It is best for kids to use toothpaste that is made for adults.

Some toothpaste for adults has good things in it that help make kids' teeth strong.



They should use toothpaste that has fluoride in it.

The toothpaste tube or box will tell you if it has fluoride in it.



If a child is less than 5 years old they only need a tiny bit of toothpaste on their brush.

It is like when you put a tiny bit of butter on toast.



If a child is 5 years old or more they need a blob of toothpaste the same size as a pea.

If a child is less than 7 years old it is best to help them brush their teeth.



1. Show them how to brush the right way.
2. Let them do their best to brush.
3. You brush their teeth after to make sure the teeth are clean.

Do not wash out their mouth after they brush

After kids brush their teeth they need to spit out the toothpaste.



Some people will wash out their mouth with water after they brush.

A different name for this is **rinse your mouth**.

Rinse your mouth means:

- take a big sip of water
- swirl it around your mouth
- spit it out.



It is better for kids' teeth if they do not rinse their mouth.

This is because:

- when they spit out the toothpaste some fluoride will stay in their mouth
- it will help their teeth to be strong
- if they wash their mouth with water the fluoride will go away.



In the morning do not let kids eat or drink for a while after they brush their teeth.

At night do not let kids eat or drink at all after they brush their teeth.

It will give the fluoride more time to look after their teeth.

Give kids tap water and milk to drink



Try not to give kids drinks that have a lot of sugar in them.

This means sweet drinks like:

- fizzy drinks
- fruit juice
- chocolate milk.



A lot of sugar is **not** good for:

- their body
- their teeth.



Sugar can make holes in their teeth.

Water is a very good drink because:



- it is good for a child's body and brain
- it is free



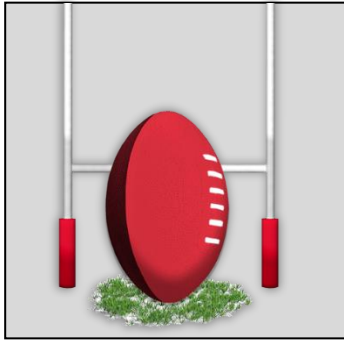
- it has no sugar in it
- most tap water in Wellington has **fluoride** in it to help make teeth strong.



Milk is also a good drink for a child's teeth and body.

When they play sports

When kids play sports the best drink to have is water.



Kids can get hurt when they play sports like rugby where they bump into people.

These are called **contact sports**.



If they play a contact sport they need to wear a **mouth guard**.

This is a piece of plastic they put in their mouth when they play.

It helps their teeth to stay safe.

Do not give kids food with a lot of sugar



Sugar is **not** good for teeth.

It can make teeth less strong and get holes.



Some foods have a lot of sugar in them:

Do not give these to kids every day.

They can only have these sometimes as a treat.



Most of the time they should eat food that has:

- no sugar

or

- only a little sugar.

Take them to a dentist for free



A **dentist** is like a doctor for your teeth and gums.

Kids can go to the dentist if you want:

- to check if their teeth and gums are okay **or**
- the dentist to help with sore teeth or gums.



Kids can go to the dentist for free until they turn 18.

They do **not** need to be a school student to see a dentist for free.



If they have had their birthday where they turn 18 you **have to pay** for the dentist.

When do kids need to go to the dentist?



It is good for kids to go to the dentist 1 time every year for a **check-up**.

If their teeth are not sore they should still go for a check-up.

At a check-up a dentist may do things like:



- look at their teeth and gums for problems



- take an x-ray picture to check their teeth are healthy inside



- talk about things they can do that are good for their teeth.

Learn more about looking after kids' teeth



You can go to the website www.beehealthy.org.nz if you want to learn more about:

- how to look after kids' teeth and gums
- where you can find a free dentist for kids in the Wellington region.



You can also call Bee Healthy to ask questions.

Call them on the phone number
0800 825 583.

What is Bee Healthy?



Bee Healthy is the name of the dental service in:

- Wellington

- Porirua

- Hutt Valley

and

- Kāpiti Coast.



Bee Healthy helps you look after your teeth.

It is for people who are less than 18 years old.



Your child can see a free dentist from when they are born until they are 18 years old.

This means they can see a free dentist when they are:



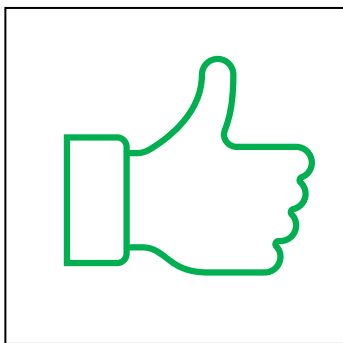
- a baby
- less than 5 years old
- in primary school



- in intermediate school
- in high school
- not in high school anymore **but** they are not 18 yet.

After they turn 18 you will need to pay for the dentist.

How does my child see a free dentist?



Bee Healthy knows your child can see a free dentist if they were born in:

- Wellington
- Porirua
- Hutt Valley **or**
- Kāpiti Coast.



If your child was born in a different place you need to call Bee Healthy to tell them:

- the child's name
- their birthday
- how to let you know when it is time for them to see a dentist.

When does my child see the dentist?



When your child is 2 years old they need to see the dentist for the first time.



After that they need a dentist check-up 1 time every year.



They also need to go to the dentist if their teeth are sore.

Where do I find a free dentist?



Preschool

If your child does not go to school yet they are called a **preschooler**.

There are dentist places where only Bee Healthy dentists work.



You can go to one of these dentist places and get help for free.

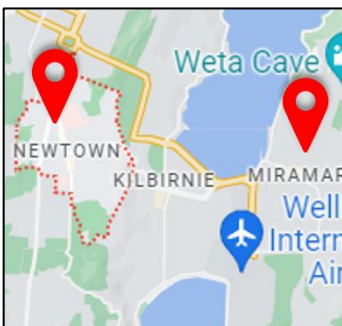
If you live in Wellington you can pick from 3 places:

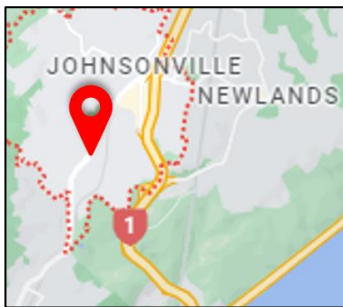
- **Miramar**

Miramar Central School
38 Park Road

- **Newtown**

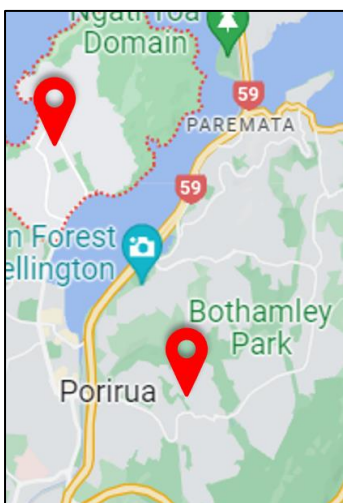
Selby House
175a Adelaide Road





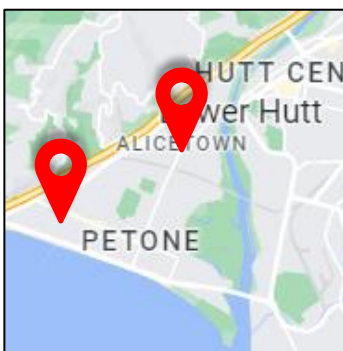
- **Johnsonville**
Raroa Intermediate
39 Haumia Street

If you live in Porirua you can pick from 2 places:

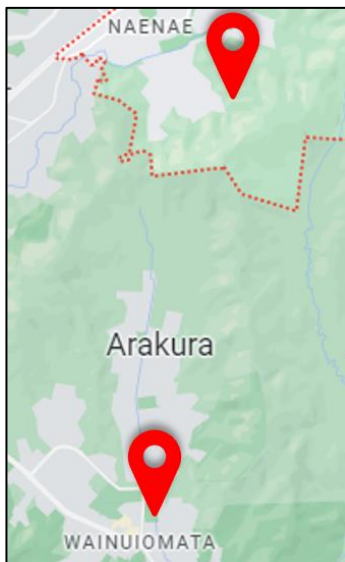


- **Cannon's Creek**
Brandon Intermediate School
32 Driver Crescent
- **Titahi Bay**
Titahi Bay School
11 Kura Street

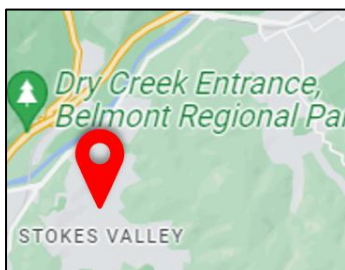
If you live in Hutt Valley you can pick from 6 places:



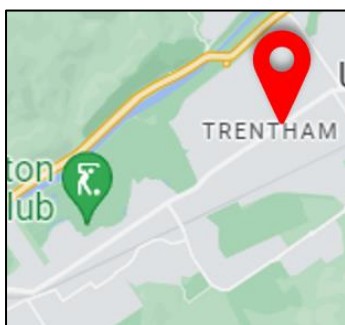
- **Alicetown**
Hutt Central School
6 Railway Avenue
- **Petone**
Petone Central School
20 Britannia Street



- **Naenae**
Naenae Intermediate School
100 Walters Street

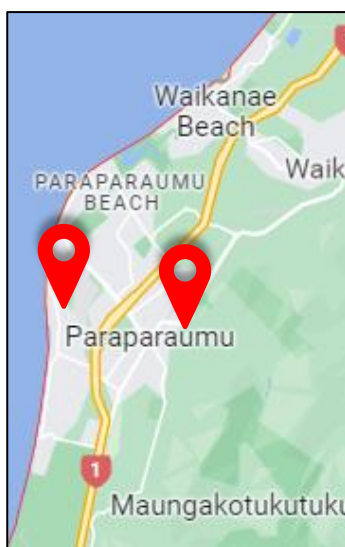


- **Wainuiomata**
14 Rata Street
- **Stokes Valley**
Koraunui School
47 Montgomery Street



- **Trentham**
Trentham School
2 Moonshine Road

If you live on the Kāpiti Coast you can pick from 2 places:



- **Paraparaumu**
Paraparaumu School
Ruapehu Street
- **Raumati Beach**
Raumati Beach School
26-34 Raumati Road

Primary school and intermediate school

Bee Healthy has a dentist van that drives around a lot of schools.



The van will go to a school and park there for a while.

If the van is at your child's school they can go to the van to have a check-up with a dentist.



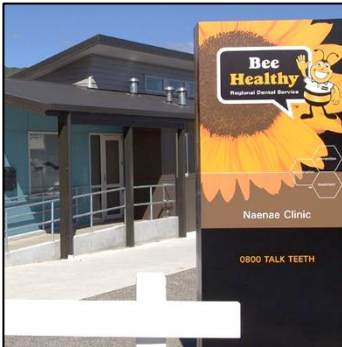
You need to tell Bee Healthy that your child needs a check-up.



They will tell you what time your child can come.

The dentist van may not go to every school.

Or the van may be at a different school when your child needs a check-up.



They can also go to the same dentist places that preschoolers go to.

Look at the dentist places they can go to on:

- page 22
- page 23
- and page 24



These dentists will still help your child for free.

High school (college)

If your child goes to high school (college) they can go to a dentist near your house.



There is a list of dentists who will help teenagers for free on the Bee Healthy website: www.beehealthy.org.nz.



The page is **Find a dentist for teenagers**.



If they have finished high school **but** they are not 18 years old yet the dentist is still free.



You will need to pay for the dentist after they turn 18 years old.

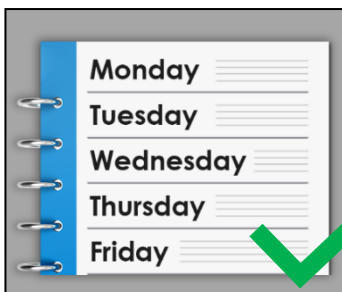
How can I ask a different question?



If you need help you can call Bee Healthy to ask questions.

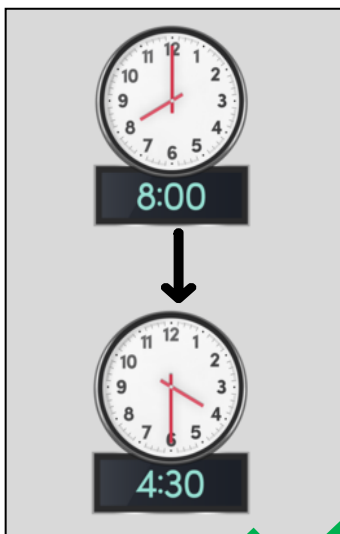


Call them on the phone number
0800 825 583.



They can talk to you:

- Every day from Monday to Friday

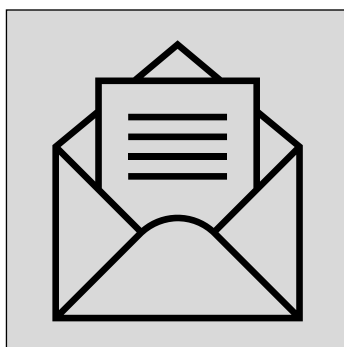


- From 8 in the morning to 4:30 in the afternoon.



You can also look at information on their website: www.beehealthy.org.nz

If you need to post something to them send it to:



Bee Healthy Regional Dental Service
Private Bag 31907
Lower Hutt