



Te Whatu Ora
Health New Zealand

How to look after your teeth when you are a teenager



This is the Easy Read booklet of the leaflet **FREE dental care for teenagers.**

Bee Healthy Regional Dental Service

Easy Read

What is in this booklet?

What is this booklet about?	2
Why do I need to look after my teeth?	4
How can I look after my teeth?	5
Brush your teeth 2 times every day	5
Do not wash out your mouth after you brush.....	8
Drink tap water and milk	10
Do not eat a lot of sugar	13
Do not smoke.....	14
Go to a dentist for free	15
Learn more about looking after your teeth	19
More information	20
Do you have a question?	28

What is this booklet about?



This book is about how to look after your teeth.

Everyone needs to look after their teeth.



This book is for people who are:

- more than 12 years old

and

- less than 18 years old.



Another name for this is **teenagers**.



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

- babies who are less than 6 months old
- older babies and children
- people who have are growing a baby 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 I need to look after my teeth?

If you look after your teeth it helps them be strong.



If teeth are not strong it is easy for them to get sore.

There are things you can do to help your teeth.



Most of them are things you can do every day.

These things will help you teeth to be strong.

How can I look after my teeth?

Brush your teeth 2 times every day

You should brush your teeth:



- for 2 minutes **in the morning**

and

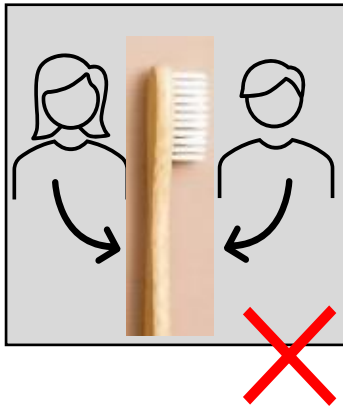


- for 2 minutes **at night** before you go to bed.

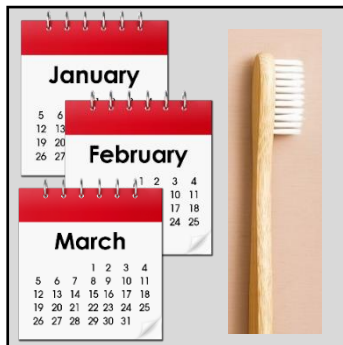
Your toothbrush



It is better to use a soft toothbrush.



Do not use the same toothbrush as another person.



Buy a new toothbrush every 3 months.

Your toothpaste



You do not need to use a lot of toothpaste.



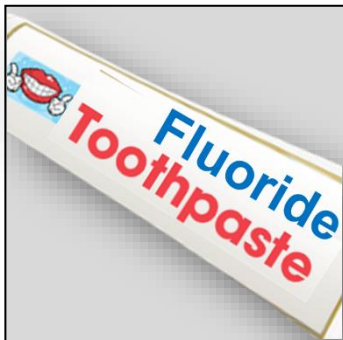
Put a little blob the size of a pea on your toothbrush.



It is best to use a toothpaste that is for adults.

You should make sure there is something called **fluoride** in your toothpaste.

This is something that helps your teeth stay strong.



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

Do not wash out your mouth after you brush

After you brush your teeth you should spit out the toothpaste.

Some people will wash their mouth out 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 your teeth if you do not rinse your mouth.

This is because:

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

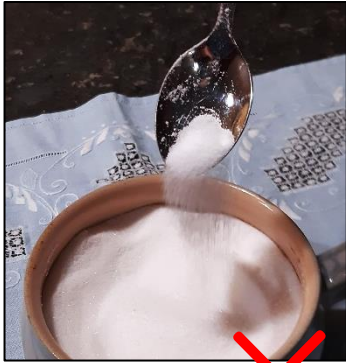


Do not eat or drink for a while after you brush your teeth in the morning.

Do not eat or drink at all after you brush your teeth at night.

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

Drink tap water and milk



Try not to have 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:

- your body
- your teeth.



Sugar can make holes in your teeth.

Water is a very good drink because:



- it is good for your body and brain

- it is free



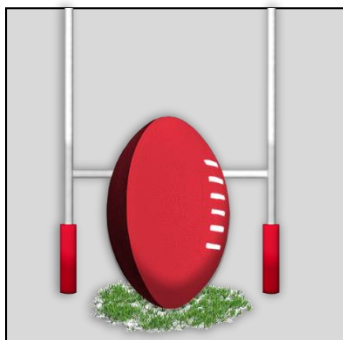
- it has no sugar in it
- most tap water in Wellington has **fluoride** in it to help make your teeth strong.



Milk is also a good drink for your teeth and body.

When you play sports

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



You can get hurt when you play sports like rugby where you bump into people.

These are called **contact sports**.



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

This is a piece of plastic you put in your mouth when you play.

It helps your teeth to stay safe.

Do not eat a lot of sugar



Sugar is not good for your teeth.

Sugar can make teeth less strong.



When teeth are less strong it is easy for them to get sore.

Some foods have a lot of sugar in them:



Do not eat these every day

You can have these sometimes as a treat.



Most of the time you should eat food that has:

- no sugar **or**
- only a little sugar.

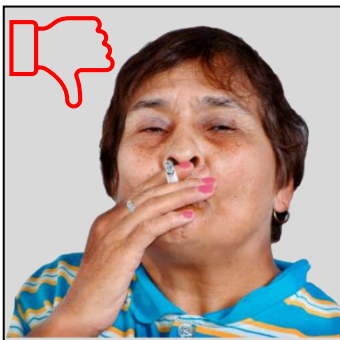
Do not smoke



Smoking is bad for your mouth.

It can make your:

- teeth yellow or brown
- breath smell bad
- teeth and gums sore.



Do **not** smoke.

Go to a dentist for free



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

You can go to the dentist if you want:

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



You can go to the dentist for free until you turn 18.

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



If you have had your birthday where you turn 18 you **need to pay** when you see the dentist.

When do I need to go to the dentist?



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

You should still go for a check-up even if your teeth are not sore.

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



- look at your teeth and gums for problems
- take an x-ray picture to check your teeth are healthy inside
- talk to you about things you can do that are good for your teeth.



There are some things that happen at the dentist that are not free.

This is because the problems may:

- be hard to fix
- take more time to fix.

You may need to see a different dentist that knows more about these problems.

The problems can be things like:



- your teeth are not in the right place and you need **braces** to move them
- your jaw makes it hard to bite and chew food.

This kind of help is called **orthodontic care**.



You need to pay for orthodontic care.

You need to pay even if you are less than 18.

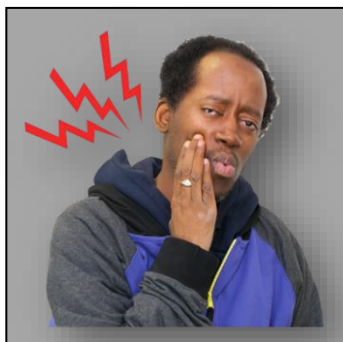


Your dentist will tell you before they do something that is not free.



You do **not** have to agree to it.

Learn more about looking after your teeth



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

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



You can also call Bee Healthy to ask questions.

Call them on the phone number
0800 825 583.

More information



What is Bee Healthy?

Bee Healthy is the name of the dental service in Wellington.



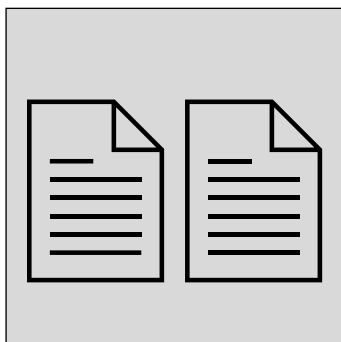
This means it helps you look after your teeth.

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



Most of the help you can get is free.

Some of the help is not free.



To check what is free look in this booklet at page 16 to page 18.

Can I see a dentist for free?



You can see a free dentist from when you are born until you are 18 years old.

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



- a baby
- less than 5 years old
- in primary school
- in intermediate school
- in high school
- not in high school **but** you are not 18 yet.



How can I find a free dentist?

You will need a new dentist when you finish year 8 at school.



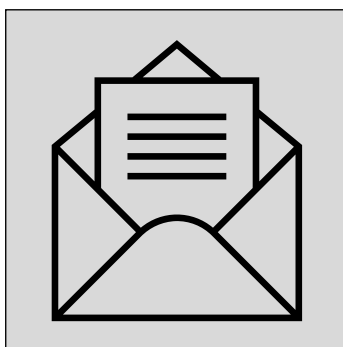
1. Talk to your year 8 dentist for advice about a new dentist.



2. Look at the Bee Healthy website for a [list of free dentists for teenagers in Wellington](#).



3. Pick who you want as your new dentist then call:
 - the new dentist **or**
 - Bee Healthy on **0800 825 583**.



4. You will get a letter to tell you if you can see the new dentist you picked.

5. After you start high school (college) you will go to the new dentist when you need help.



6. You can go to the new dentist until your birthday when you turn 18.

How do I know if the dentist I see is free?



You can check if your dentist is on [the list of free dentists for teenagers](#) on the Bee Healthy website.

You can also call to ask Bee Healthy on **0800 825 583**.

How can I change the dentist I see?

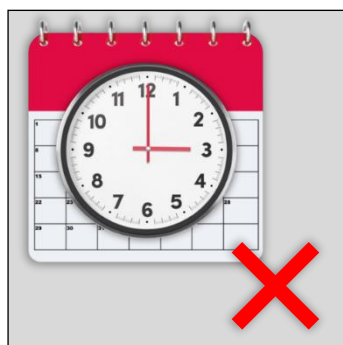


Bee Healthy can help you change your dentist.



Call them on 0800 825 583.

How can I change my appointment?



Make sure you call your dentist to tell them that you cannot go to your appointment.

They will find a different day and time when you can see the dentist.

What should I do if I have a new phone number or address?

Make sure you tell your dentist if you have changed your:



- phone number



- email address



- home address.

It is important they know how to contact you.

They will let you know when it is time to see the dentist for a check-up.

What can I do if my teeth are very sore?



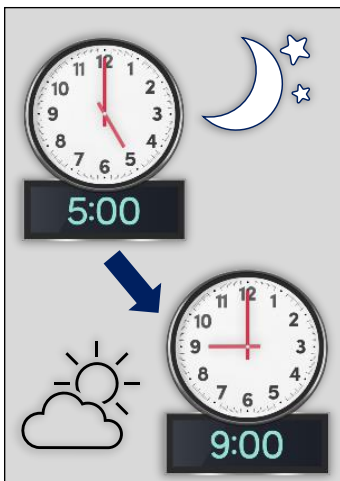
If your teeth or gums are sore you should see the dentist.

Call your dentist to ask when you can see them for help.



Sometimes your dentist cannot help because they are closed.

They might be closed because it is:



- night time
- a Saturday or Sunday
- a public holiday like Christmas or Easter.



If your teeth are very sore you may not want to wait until your dentist is open.

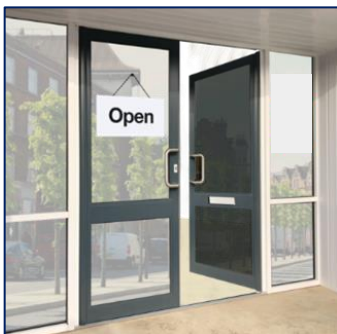
You can call a different dentist to get help fast.

You can search online for a dentist called an:

- out of hours dentist

or

- emergency dentist.



This is a dentist that is open when your other dentist is closed.

Do you have a question?



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

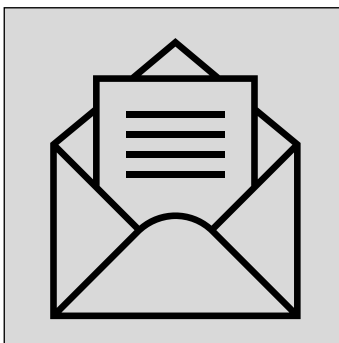


Call them on the phone number
0800 825 583.



You can also look at 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