

5 Tips to Keep Kids Smiling



Brush teeth with fluoride toothpaste for two minutes, twice a day

For children under six years old, use a soft toothbrush with a half-pea sized amount of adult strength (at least 1000 ppm) fluoride toothpaste, or less if they only have a few teeth.

For children six years old and over, use a soft toothbrush with a pea-sized amount of adult strength (at least 1000 ppm) fluoride toothpaste.



Help children under eight years old brush their teeth.

Avoid sharing toothbrushes with other people and replace your toothbrush every three months.

Spit, don't rinse after brushing

Fluoride in toothpaste helps prevent tooth decay.



Avoid eating or drinking after brushing teeth, especially at night so the fluoride can keep working to protect and strengthen teeth.

Drink tap water and milk

Tap water is free, sugar-free and most water supplies across Wellington are fluoridated to support good oral health.

Water is the best drink to have when playing sport and remember to wear a mouth guard when playing contact sports.



Eat snacks with no added sugar

Choose and prepare sugar-free foods.

Limit sugary snacks to occasional treats.



FREE dental care for under 18s

Dental care is FREE from birth until your 18th birthday.

Call 0800 TALK TEETH (0800 825 583) to book an appointment, update your details or for more information.

Visit www.beehealthy.org.nz to enrol or for more information.

Bee Healthy
Regional Dental Service



0800 TALK TEETH (825 583) | www.beehealthy.org.nz

Frequently Asked Questions

FREE dental care for under 18s

Bee Healthy Regional Dental Service is the FREE community-based dental service for children under 18 years across the greater Wellington Region.

Babies born in the Wellington Region are enrolled at birth. Children are due for annual dental check-ups with their dental therapist from their 2nd birthday.

Preschool children are seen by appointment at their nearest Bee Healthy Dental Clinic.

School children have their annual check-up on a Bee Healthy mobile van at their school. Your school will inform you if a mobile van is unable to visit. You will need to call Bee Healthy to make an appointment.

Adolescents receive their dental care from a dentist in their community who will continue to provide FREE dental care* until their 18th birthday (*excludes orthodontic treatment).

Contact Bee Healthy

- Book or reschedule an appointment
- Update your details
- Enrol your child
- More information

Hours: Monday to Friday,
8.00am - 4.30pm

Phone: 0800 TALK TEETH (825 583)

Online: www.beehealthy.org.nz

Post: Private Bag 31 907, Lower Hutt.

Bee Healthy Dental Clinic Locations

Wellington

Miramar, Miramar Central School,
38 Park Road

Newtown, Selby House,
175a Adelaide Road

Johnsonville, Raroa Intermediate School,
39 Haumia Street

Porirua

Cannons Creek, Brandon Intermediate School,
32 Driver Crescent

Titahi Bay, Titahi Bay School,
11 Kura Street

Hutt Valley

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

Kāpiti Coast

Paraparaumu, Paraparaumu School,
11 Ruapehu Street

Raumati Beach, Raumati Beach School,
26-34 Raumati Road

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