

How your Early Childhood Services can support the oral health of children and their families?

- Have a water/ plain milk-only policy
- Encourage healthy tooth-friendly foods and avoid grazing between meals
- Display oral health information
- Ensure that children are enrolled with Bee Healthy Regional Dental Service and families update contact details if they move or change phone numbers
- Advise parent to contact Bee Healthy when their child is 2 years old to make an appointment for their child's first dental check up
- Advise parent to contact Bee Healthy if they have concerns regarding their child's teeth
- Know how to spot the signs of tooth decay and refer families to Bee Healthy for advice and treatment.



Early Intervention & Prevention Team

Our team can provide the following oral health support for your Early Childhood Service:

- Oral health education and “Lift the Lip” training to teachers and support staff
- Family health workshops
- Development of an Oral Health Policy



Phone:

0800 TALK TEETH
(0800 825 583)

Website:

www.beehealthy.org.nz

Email:

dental@huttvalleydhb.org.nz

Mail:

Bee Healthy Regional Dental Service
Private Bag 31 907, Lower Hutt 5040



Information for Early Childhood Services



Bee Healthy Regional Dental Service...

Free dental care for under 18s

Dental care is free for children from birth until their 18th birthday.

This free dental service is provided by Bee Healthy across the Greater Wellington Region (Wellington, Hutt Valley, Porirua and Kāpiti Coast). Bee Healthy has 13 dental clinics.

Children enrolled with Bee Healthy receive a free yearly dental check-up from their second birthday, or earlier if there are dental concerns. To book a dental appointment, call 0800 825 583.

5 TIPS TO KEEP KIDS SMILING



Brush teeth with fluoride toothpaste for 2 minutes, twice a day



Spit, don't rinse after brushing



Drink tap water and milk



Eat snacks with no added sugar



FREE dental care for under 18s



Call 0800 TALK TEETH (0800 825 583) to:

- Enrol child to receive free dental care until their 18th birthday
- Book a dental appointment
- Update contact details
- Discuss dental concerns

For more information visit: www.beehealthy.org.nz

If child has an accident and has injured their teeth or mouth, contact a private practice dentist to arrange an exam appointment and register injury with ACC.

Lift the Lip to Check for Tooth Decay

Warning
Chalky, white spots or lines near the gums are signs of early decay. Seek dental care now for advice and treatment to help stop these chalky areas turning into cavities

Danger
Brown marks and cavities mean your child needs dental care now to prevent toothache and infections.

Emergency
Broken teeth and abscesses mean you child will have toothache. They need dental care now to prevent more pain and the infection from spreading.

These toothpastes contain adequate amount of fluoride to protect teeth

These toothpastes DO NOT contain the recommended amount of fluoride

Healthy Tooth Friendly Foods:

- Fresh fruits
- Plain popcorn
- Vegetables
- Savoury muffins
- Dairy (cheese, plain yoghurt, cottage cheese)
- Sandwiches fillings: peanut butter, tuna fish, cheese, cottage cheese, lean meat slices, baked beans, egg, vegetables
- Plain crackers i.e. rice or water crackers
- Hard-boiled eggs

Best to avoid:

- Dried fruits
- Muesli bars
- Fruit leathers / fruit roll-ups / fruit stings
- Sweets / lollies and lollipops / chocolates
- Sweet biscuits, cakes and muffins
- Potato chips / pretzels