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.





& 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



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



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 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.

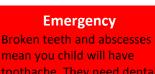
Lift the Lip to Check for Tooth Decay



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



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



toothache. They need dental care now to prevent more pain and the infection from spreading.



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





Danger