

5 Tips to Keep Kids Smiling



la fa'alua i le aso ona pulumu nifo mo se lua minute. Fa'aaoga mea fulunifo o lo'o i ai le fluoride

Mo tamaiti e oo atu i le lima tausaga le matutua, faaaogā se pulumu fulunifo e vaivai nifo e faapasī i ai sina fluoride toothpaste (pe ā ma le 1000 ppm) le malosi e fetau ma le tagata matua.

Mo tamaiti ua ono tausaga ma luga atu le matutua, faaaogā se pulumu fulunifo e vaivai nifo e faapasī i ai le fluoride toothpaste e pei o le fatupu le telē (pe ā ma le 1000 ppm) le malosi e fetau ma le tagata matua.

Fesoasoani i tamaiti e i lalo ifo o le valu tausaga le matutua e fufulu o latou nifo.

Alofia le faaaogā faatasi o pulumu fulunifo ma isi tagata ma ia ta'i tolu masina ma sui lau pulumu fulunifo.

Aua le pupuina i se vai aua e fesoasoani le fluoride o lo'o pipi'i i nifo e fa'amalosi atili ai oloa

E fesoasoani le fluoride e maua i le toothpaste e taofia ai le pala o nifo.

Alofia le 'ai pe inu pe a uma ona fufulu nifo, aemaise lava i le po ina ia aogā le fluoride e puipuia ma faamalosi atili ai nifo.

E sili lava le inu i le vai ma le susu

E maua fua le vai paipa, e leai se suka e maua ai ma o le tele o suavai o loo maua i Ueligitone atoa ua tuu i ai le fluoride e fesoasoani i le maloloina lelei o nifo ma le gutu.

E pito sili ona lelei le vai e inu pe a taalo ma manatua e fai se tainifo faapipii e puipuia ai nifo pe a auai i taaloga e fepa'ia'i ai tino.

Filifili taumafa fa'avai'aiga (snacks) o lo'o maualalo ai le suka

Filifili ma tapena meaa e lē maua ai se suka.

Ua lava faatasiga faapitoa e 'ai ai meaa suamalie.

E va'ai fua oloa o fanau i lalo ifo o le 18 tausaga

E LĒ TOTOGIA le tausiga o nifo mai le taimi faatoa e fanau mai ai seia aulia lou 18 tausaga.

Vili le 0800 TALK TEETH (825 583) e lesitala ai, faatonu le taimi e vaai ai le fomai nifo po o le faafou o ou faamaumauga.

Tagai i le www.beehealthy.org.nz mo nisi faamatalaga.



Bee Healthy
Regional Dental Service



Capital & Coast
District Health Board
ŪPOKO KI TE URU HAUORA

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

Fesili e masani ona fia malamalama i ai

E va'ai fua oloa o fanau i lalo ifo o le 18 tausaga

O le Bee Healthy Regional Dental Service o se auaunaga maua FUA mo nifo o tamaiti e i lalo ifo ma le 18 tausaga le matutua mo le Itumalo atoa o Ueligitone.

B lesitala pepe i le taimi e fananau mai ai i le Itumalo o Ueligitone. O le atoaga o le 2 tausaga o le tamaitiiti, e amata ai ona faatulaga le taimi i tausaga taitasi e vaai ai le fomai nifo.

O tamaiti e lei amata lelei i aoga e tatau ona faatonu le taimi e vaai ai le Bee Healthy Dental Clinic o lata ane.

O tamaiti ua aoga e fai siaki i tausaga uma i le taavale a le Bee Healthy lea e faasolo i aoga. O le a faailoa atu e lau aoga pe afai ua lē saofia atu le taavale mo le vaai o nifo a tamaiti. E moomia lou faafesootaia o le Bee Healthy e faatulaga se aso e siaki ai nifo.

E maua pea e tupulaga laiti tausiga o moomia mo nifo mai le fomai nifo o loo i totonu o le afoaga ma e maua FUA* seia aulia le 18 tausaga o le matua (*e lē o aofia ai togafitiga e faasasa'o ai nifo).

Faafesootai le Bee Healthy e:

- Lesitala ai lau tama
- Faatulaga le taimi e vaai ai le fomai nifo
- Mo nisi faamatalaga

Itula: Aso Gafua i le Aso Faraile,
8.00am - 4.30pm

Telefoni: 0800 TALK TEETH (825 583)

Initaneti: www.beehealthy.org.nz

Pusa meli: Bee Healthy Regional Dental Service, Private Bag 31 907, Lower Hutt 5040.

Nofoga mo Bee Healthy Dental Hub Clinics:

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,
Ruapehu Street

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

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