

5 Tips to Keep Kids Smiling



Taitaia ōu niho ki te pēniho pūkōwhai mō te 2 miniti, e rua ngā wā ia rā

Mō ngā tamariki atu ki te rima tau te pakeke, whakamahia tētahi taitai niho ngāwari, ka pani ki te tino iti rawa o te pēniho pūkōwhai mā ngā pakeke (nui atu i te 1000 ppm).

Mō ngā tamariki pakeke ake i te ono tau, whakamahia tētahi taitai niho ngāwari, ka pani ki te paku pēniho pūkōwhai a ngā pakeke (nui atu i te 1000 ppm).

Āwhinatia ngā tamariki iti iho i te waru tau ki te taitai i ō rātau niho.

Kaua e toha taitai niho ki ētahi atu, a, me whakahou i te taitai niho ia toru marama.



Tuwaha, kaua e opeopea i muri i te taitaitanga

Ka āwhina te pūkōwhai i roto i te pēniho ki te ārai atu i te pirautanga o ngā niho.

Kaua e kai, e inu ranei i muri i te taitai niho, inā hoki i te pō, kia taea tonu ai e te pūkōwhai te mahi i tāna mahi ki te tiaki me te whakapakeke i ngā niho.



Inumia te wai mai i te kōrere wai me te miraka hoki

He kore-utu te wai kōrere, he huka-kore hoki, ā, ko te nuinga o ngā mātāpuna wai puta noa i Te Whanganui-a-Tara kua pūkōwhaitia hei tautoko i te orange niho.

Ko te wai te tino inu i te wā e tākaro hākinakina ana, ā, me maumahara ki te mau ārai niho i te wā e tākaro ana i ngā tākaro kakari.



Kaingia ngā kai timotimo karekau he huka o roto

Tīpakohia, ā, whakatakahia ngā kai huka-kore.

Kia iti noa te kai i ngā kai nui te huka.



He utu kore mō te haere ki te rata niho ina kei raro i te 18 tau te pakeke

He kore-utu te tiakanga niho mai i te whānautanga mai ki tō huringa tau 18.

Waea atu ki 0800 TALK TEETH (0800 825 583) ki te whakauru, ki te whakarite toronga, ki te whakahou rānei i ō taipitopito.

Toro atu ki www.beehealthy.org.nz mō te roanga o ngā whakamārama.

Bee Healthy
Regional Dental Service



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

Ngā pātai auau

He ratonga niho ā-hāpori KORE UTU te Ratonga Niho ā-Rohe o Bee Healthy mā ngā tamariki i raro i te 18 tau puta noa i te rohe whānui o Te Whanganui-a-Tara.

Ka whakaurua mai ngā pēpī, ka whānau mai i te Rohe o Te Whanganui-a-Tara, i te whānautanga. Mai i tō rātou huringa tau 2 me toro atu ngā tamariki ki tō rātou kaihaumanu niho mō tā rātou tirohanga ā-tau.

Ka tirohia ngā kōhungahunga mā te tāpui i tō rātou whare haumanu niho tata o Bee Healthy.

Ka tirohia ngā tamariki kura e te waka kawē o Bee Healthy i tō rātou kura ia tau. Mā tō kura koe e whakamōhio mēnā kāore e taea e te waka kawē te toro atu. Me waea koe ki a Bee Healthy mō tētahi tāpuitanga.

Ka whai mohimohi niho ngā taiohi mai i tētahi rata niho kei ō rātou hapori, ā, ka KORE UTU* tonu te whakarato mohimohi niho tae rawa ki tō rātou huringa tau 18 (*hāunga ngā maimoatanga a te rata niho tāpiki).

Whakapā atu ki a Bee Healthy ki te:

- Whakauru i tō tamaiti
- Whakarite toronga
- Rongo kōrero anō

Hāora: Rāhina ki te Rāmere
8.00am - 4.30pm

Waea: 0800 TALK TEETH (825 583)

Ipurangi: www.beehealthy.org.nz

Mēra: Bee Healthy Regional Dental Service, Private Bag 31 907, Lower Hutt.

Ngā Wāhi o ngā Whare Maimoa Niho o Bee Healthy:

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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