

A guide for parents and caregivers



TIPS FOR TERRIFIC TEETH **'FREE'**

DENTAL CLINICS IN NELSON SCHOOLS

Auckland Point
Birchwood
Brightwater
Clifton Terrace
Collingwood
Enner Glynn
Hampden Street
Henley / Waimea
Lower Moutere
Mapua
Motueka South
Murchison
Nayland
Nelson Central
Nelson Intermediate
Parklands
Richmond
Stoke
Tahunanui
Takaka
Tapawera
Upper Moutere
Victory
Wakefield

If you are unsure
where to call,
Contact the
Oral Health Service.

Nelson:
(03) 546 1286

Blenheim
(via hospital)
(03) 520 9999
(ext 7286)

To reorder ph 03 5461537

Public Health Service
 Nelson Marlborough
District Health Board

DENTAL CLINICS IN MARLBOROUGH SCHOOLS

Blenheim Primary
Bohally Intermediate
Havelock
Picton
Queen Charlotte College
Redwoodtown
Renwick
Seddon
Springlands
Ward
Whitney
Witherlea

'FREE' TIPS FOR TERRIFIC TEETH!

F

Fluoride Toothpaste

Fluoride helps to strengthen teeth and reduce early decay.

The natural level of fluoride is low in the Nelson/Marlborough water. Fluoride toothpaste should be used as soon as the first tooth appears.

If you wish to enquire about whether your child would benefit from fluoride tablets please contact a Dental Therapist.

R

Regular Brushing

Use a small, soft toothbrush with a smear of adult strength fluoride toothpaste and brush twice a day. (after breakfast and before bedtime).

Remember to spit and don't rinse.

Lift your child's lip once a month to check for decay - look for white or brown spots on his/her teeth near the gums. Remember, teeth can start to decay as soon as the first tooth comes through.

E

Eating Well

Limit snacking to 2-3 times a day.

Give teeth a rest between meals and snacks.

Avoid foods that are kept in the mouth for a long time.

Snack Ideas:

Bread rolls, savoury muffins or plain crackers, toast, unsweetened dry cereals, wheat and pita breads.

Raw veg, fruit pieces, grated veg and salads, cheese, eggs, yogurt or cottage cheese dips, cheese spreads.

Chicken, tuna or salmon and lean meats.

Water and milk are the best drinks

E

Enrol

Enrol for FREE dental care at a school dental clinic.

Ring to make an appointment with a Dental Therapist when your child is 2½ years old (or earlier if concerned).

For further information please phone:

Nelson: Ph 03 546 1286

Blenheim: Ph 03 520 9999 ext 7826