



Children's Community Dental Clinic

Free for children 0-17 years

My name is...



Draw a smiley face each day after you brush!



Brush teeth for two minutes, twice a day with full strength (≥ 1000 ppm) fluoride toothpaste.











Spit, don't rinse, after brushing so that the fluoride can protect teeth for longer.

Parents/caregivers, please help your children brush their teeth, especially at night before bedtime.

For help or information, contact the Children's Community Dental Service on 0800 TALK TEETH (0800 825 583) or visit www.ards.co.nz



I brushed my teeth

	Week 1 / Rawhiti 1		Week 2 / Rawhiti 2		Week 3 / Rawhiti 3		Week 4 / Rawhiti 4	
	 Morning Ata	 Evening Ahiahi	 Morning Ata	 Evening Ahiahi	 Morning Ata	 Evening Ahiahi	 Morning Ata	 Evening Ahiahi
Monday Rāhina								
Tuesday Rātu								
Wednesday Rāapa								
Thursday Rāpare								
Friday Rāmere								
Saturday Rāhoroi								
Sunday Rātapu								