

Oranga niho Oranga kata

..... (ingoa)



I mua ra te mahi parai o niho karahia te ra



I mua ra te mahi parai o niho karahia te marama

Marama:

| Mare | Tūrei | Wenerēi | Tāite | Parapaire | Hātareī | Rātapu |
|------|-------|---------|-------|-----------|---------|--------|
| | | | | | | |
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| | | | | | | |
| | | | | | | |

Kia rua ngā taitainga ki te kīrimī pūkōwhai I te rā.


Me hoki auau kia tirohia e te tākuta niho.

Kōwhiritia he paramanawa hauora.

Inumia he wai, he miraka rānei.







































































Tooth Brushing Chart for

.....(child's name)

Colour in the sun  after you brush in the morning

Colour in the moon  after you brush at night

Month: _____

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|---|---|
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |

Brush teeth twice a day with fluoride toothpaste

Drink water and milk

Choose tooth friendly snacks

Have regular dental check-ups

Tips for Healthy Teeth