

- Dental care

Healthy teeth start at home

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Everyone can do their part to keep teeth healthy at home. It's so important to have good oral health care practices for the whole family/whānau so here are some handy tips to keep everyone's teeth healthy at your place this summer:



- Use a fluoride toothpaste
- Brushing in the morning and just before bed removes bacteria that can cause tooth decay, bleeding gums and bad breath

Remember to brush gums too

Don't rinse after brushing so the fluoride has time to soak in and strengthen teeth

Only drink water between meals. Sweet or fizzy drinks will cause tooth decay so avoiding them is best (even sugar-free drinks can cause tooth decay) Limit sweet foods and anything which has dried fruit in (muesli bars, baked fruit bars, raisins etc), because dried fruit has the same effect on teeth as lollies

And for parents – baby teeth matter! Look after baby teeth as decay can affect a child's eating, their speech and development, and may even affect their adult teeth as well.

Good dental care at home can determine a child's oral health status, whether it's good or bad, it all starts at home.