

Read A Book Together

FOR TAMARIKI

Tamariki read books (with kaiako) to discover how to keep our lovely smiles.

Kōrero What to do

Choose from the book list below to prompt or support exploring your oral health kaupapa.

Key resource

- Happy Tooth by Te Wahaora Roopu (Northland Oral Health Promoters Group)
- Oranga Niho by Te Wahaora Roopu (Northland Oral Health Promoters Group)
- ◆ [The Tooth Book](#) by Theo LeSieg
- ◆ [Maisy, Charley and the Wobbly Tooth](#) by Lucy Cousins
- ◆ [How to Brush your teeth with Snappy Croc](#) by Jane Clarke
- ◆ [Tooth by Tooth- Comparing Fangs, Tusks, and Chompers](#) by Sara Levine
- [ABC Dentist](#) by Harriet Ziefert
- ◆ [Nga Kai Hauora – Healthy Foods](#) by Amanda Jackson
- [Who Eats Orange?](#) by Dianne White
- ◆ [Foods with Moods – A First Book of Feelings](#) by Saxton Freymann and Joost Elfers
- ◆ [Foods of the World](#) by Libby Walden

■ = available on loan in the Teeth Tools

◆ = available from Christchurch City Libraries

Key messages

- 🦷 Baby teeth matter- they help me smile, chew and talk
- 🦷 Brush teeth twice a day- morning and night - with fluoride toothpaste
- 🦷 Brush teeth together with whānau
- 🦷 Spit don't rinse after brushing
- 🦷 Choose water and plain milk to drink
- 🦷 Choose healthy kai
- 🦷 Have a dental check-up each year