

# Mirror Mirror

FOR TAMARIKI

**Tamariki use a mirror to check their teeth and smiles. Kaiako talk with tamariki about how to keep their smiles bright.**

## **Kōrero What to do**

Place a large mirror at the eye level of tamariki. You may put Te Reo Māori and/or words in other languages on the mirror, for example, for 'mirror' (whakaataata) or 'smile' (menemene). Encourage tamariki to check their own teeth and smiles every day. Talk about how a dental therapist uses a mirror when they check a child's teeth.

## **Key resources**

- A large mirror

## **Optional resources**

- Tooth-shaped mirrors in '[Teeth Tools](#)'
- 'The Happy Tooth' book in '[Teeth Tools](#)'
- 'Oranga Niho' book in '[Teeth Tools](#)'
- Free poster and brochure resources in '[Teeth Tools](#)'

## **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