

Join the dots

FOR TAMARIKI & WHĀNAU

Take home activity for children to complete at home with a whānau member. Join the dots to create a tooth.

Kōrero What to do

Print the 'Join the Dots' activity sheet. Tamariki may take the activity sheet home, and ask a whānau member to help them complete the activity. Tamariki can talk with their whānau about how to keep their teeth and smiles healthy.

Key resources

'Join the Dots' activity sheet

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



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Remember

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