

Super Brushing Zone

FOR TAMARIKI & WHĀNAU

Children colour a bathroom door hanger.

Kōrero What to do

Print off a 'Super Brushing Zone' door hanger for each child, preferably on to stiff card. Tamariki may colour the hangers. Whānau may want to help with the colouring in. Hangers are taken home to place on bathroom doors.

Encourage children to brush teeth together with whānau, at the same time.

Talk about what a 'Super brusher' can do to keep their bright smiles.

'Super Brushers'

- 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

Key resource

- Door hangers



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Colour and hang on bathroom door



BRUSHES HERE