

# Oranga Niho / Oral Health

**Te kaha ō te mangō, kō ōna niho**  
– The strength of the shark is its teeth

Having good oral health is more than just having good teeth and a nice smile – it is important for our overall health and well-being. Teeth are vital for good nutrition, language development, and self-esteem. Unfortunately, tooth decay is a reality for at least one third of all five year old tamariki in South Canterbury.

## Let's make 2020 a year to change this!

We can all play a part to support good oral health for our tamariki.

### Here's how you can help:

- Celebrate **World Oral Health Day** 20 March 2020.
- Take part in the national **Switch to Water Challenge** in November, as part of **National Oral Health Day**.
- Become a water and plain milk only school - (check out the Water-Only Schools toolkit on the WAVE website) and talk with your WAVE facilitator for more information.
- Include oral health in your Nutrition Guidelines.
- Ask whānau about dental check-ups at enrolment/transition times.
- Promote and adopt Lunchbox Guidelines for whānau for enrolments/transition times.
- At least once a year do an oral health focussed learning enquiry (e.g. when the dental van visits your school/area, or around oral health days).
- Promote key oral health messages in your ECE and school community.

# 5

## TIPS TO KEEP YOU SMILING



Brush teeth with fluoride toothpaste for 2 minutes, 2x a day



Spit, don't rinse after brushing



Drink water and milk



Eat snacks with no added sugar



Have a dental check-up every year

### Useful links:

- **Oral health section of the WAVE website** - this has now been updated with new information and resources [www.wavesouthcanterbury.co.nz/health-priority-areas/Oral-Health](http://www.wavesouthcanterbury.co.nz/health-priority-areas/Oral-Health)
- **WAVE Resource Centre's oral health and nutrition resources** - [www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)
- **Ministry of Health** - [www.letstalkteeth.co.nz](http://www.letstalkteeth.co.nz)
- **NZ Dental Association** - [www.nzda.org.nz](http://www.nzda.org.nz)
- **My Family Recipes** - [www.healthykids.org.nz](http://www.healthykids.org.nz)
- Talk to your WAVE Facilitator for information and support

Link to this article can also be found on our website:  
[www.wavesouthcanterbury.co.nz](http://www.wavesouthcanterbury.co.nz)

