

5 Tips to Keep You Smiling



Brush teeth with fluoride toothpaste for two minutes, twice a day

For infants, use a soft toothbrush with a tiny smear of adult (full strength fluoride) toothpaste.

For children over five years, use a soft toothbrush with a pea sized drop of adult (full strength fluoride) toothpaste.

Help children under seven years old brush their teeth, encourage them to not swallow the toothpaste.



Avoid sharing toothbrushes because this spreads germs that cause tooth decay.

Replace your toothbrush every three months.

Spit, don't rinse after brushing

Fluoride in toothpaste helps prevent tooth decay. Avoid eating or drinking after brushing teeth, especially at night so the fluoride can keep working to protect and strengthen teeth.



Drink tap water and milk

Tap water is free, sugar-free and most water supplies across Wellington are fluoridated to support good oral health.

Water is the best drink to have when playing sport and remember to wear a mouth guard when playing contact sports.



Eat snacks with no added sugar

Choose and prepare sugar-free foods. Limit sugary snacks to occasional treats.



FREE dental care for under 18s

Dental care is FREE from birth until your 18th birthday.

If you have any concerns or would like more information, call 0800 TALK TEETH (825 583) or visit www.beehealthy.org.nz.

Frequently Asked Questions

FREE dental care for under 18s

Bee Healthy Regional Dental Service is the FREE community-based dental service for children under 18 years across the greater Wellington Region.

Babies born in the Wellington Region are enrolled at birth. Children are due for annual dental check-ups with their dental therapist from their 2nd birthday.

Preschool children are seen by appointment at their nearest Bee Healthy Dental Clinic.

School children have their annual check-up on a Bee Healthy mobile van at their school. Your school will inform you if a mobile van is unable to visit. You will need to call Bee Healthy to make an appointment.

Adolescents receive their dental care from a dentist in their community who will continue to provide FREE dental care* until their 18th birthday (*excludes orthodontic treatment).

Contact Bee Healthy

- Enrol your child
- Book or reschedule an appointment
- More information

Hours: Monday to Friday,
8.00am - 4.30pm

Phone: 0800 TALK TEETH (825 583)

Online: www.beehealthy.org.nz

Post: Private Bag 31 907, Lower Hutt.

Bee Healthy Dental Clinic Locations

Wellington

Miramar, Miramar Central School, 38 Park Road

Newtown, Selby House, 175a Adelaide Road

Johnsonville, Raroa Intermediate School, 39 Haumia Street

Porirua

Cannons Creek, Brandon Intermediate School, 32 Driver Crescent

Titahi Bay, Titahi Bay School, 11 Kura Street

Hutt Valley

Alicetown, Hutt Central School, 6 Railway Avenue

Petone, Petone Central School, 20 Britannia Street

Naenae, Naenae Intermediate School, 100 Walters Street

Wainuiomata, 14 Rata Street

Stokes Valley, Korauui School, 47 Montgomery Street

Trentham, Trentham School, 2 Moonshine Road

Kapiti Coast

Paraparaumu, Paraparaumu School, Ruapehu Street

Raumati Beach, Raumati Beach School, 26-34 Raumati Road