

# 5 TIPS TO KEEP YOU SMILING



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



Spit, don't rinse after brushing



Drink water and milk



Eat snacks with no added sugar



**FREE** dental care for under 18s  
Community Dental 0800 TINY TEETH (846 983)



# 5 TIPS TO KEEP YOU SMILING



Taitaia ōu niho ki te pēniho pūkōwhai mō te 2 miniti, e rua ngā wā ia rā



Tuwaha, kaula e opeopea i muri i te taitaitanga



Inumia te wai mai i te kōrere wai me te miraka hoki



Kaingia ngā kai timotimo karekau he huka o roto



He utu kore mō te haere ki te rata niho ina kei raro i te 18 tau te pakeke

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# 5 TIPS TO KEEP YOU SMILING



Uru i te ni'o ki te vairakau ni'o fluoride e rua meneti, e rua taime i te ra



Tutu'a, auraka e pupu ki te vai i muri ake i te uruanga



Inu i te vai e te u



Kai i te kai meitaki kare e tuka



Kare e tutaki me akara ia te ni'o i raro ake i te 18 Mataiti

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# 5 TIPS TO KEEP YOU SMILING



la fa'alua i le aso ona pulumu nifo mo se lua minute. Fa'aaoga mea fulunifo o lo'o i ai le fluoride



Aua le pupuina i se vai aua e fesoasoani le fluoride o lo'o pipi'i i nifo e fa'amalosi atili ai oloa



E sili lava le inu i le vai ma le susu



Filifili taumafa fa'avai'aiga (snacks) o lo'o maualalo ai le suka



E va'ai fua oloa o fanau i lalo ifo o le 18 tausaga  
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# 5 TIPS TO KEEP YOU SMILING



Ngaue'aki 'a e polosi fulunifo mo ha kilimi fulunifo fluoride ki hono fufulu 'a e nifo, 'i he miniti 'e ua pea tu'o ua he 'aho



Pu'aki hangatonu kitu'a hili hono fufulu, 'oua 'e toe ngaue'aki ha vai ki hono vaima'a 'aki ho ngutu



Lelei taha ma'u pe keke ngaue'aki 'a e vai pe hu'akau ki he inu



'I he taimi fakaneifua pe fakaiifofo kai, ngaue'aki 'a e me'atokoni 'oku 'ikai ma'olunga ai 'a e suka



'I hono tokangaekina 'a e mo'ui lelei 'a e nifo, 'oku ta'etotongi 'a e 'a'ahi ki he toketaa mo e kiliniki nifo, kiate kinautolu si'i hifo he ta'u 18

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# 5 TIPS TO KEEP YOU SMILING



Fufulu faka-lua na nifo i te aho mo he lua minute. Fakaaoga na mea-fulu nifo e iei te fluoride



Na he pūpūāgia na nifo ini vai ka uma te fufulu



E hili te inu ki na vai ma te huhu



Filifili na meakai faka-vaikaiga (snacks) e he lahi iei he huka



Ko na hiakigā nifo o fanau i lalo o te 18 tauhaga e heai he totogi

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# 5 TIPS TO KEEP YOU SMILING



Fakaaoga e vai kana nifo fluoride ke kana aki e tau nifo ke 2 e minute, laga ua he aho



Fakalua mai ki fafo, ua fufulu e gutu ka oti e kana



Inu e vai tepe mo e huhu



Kai he tau kai mamā (sineke) ne nakai fai suka i ai



Nakai fai totogi ke taute e tau nifo ke lata mo lautolu ne 18 e tau tau moui ki lalo  
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mō te 2 miniti, e rua ngā wā ia rā

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



Tuwaha, kaua e opeopea i muri i te  
taitaitanga

Spit, don't rinse after brushing



Inumia te wai mai i te kōrere wai me te  
miraka hoki

Drink tap water and plain milk



Kaingia ngā kai timotimo karekau he  
huka o roto

Eat snacks with no added sugar



He utu kore mō te haere ki te rata niho  
ina kei raro i te 18 tau te pakeke

Free dental care for under 18s - 0800 TINY TEETH (846 983)





# 5 TIPS TO KEEP YOU SMILING



Magsipilyo ng ngipin dalawang beses isang araw gamit ang fluoride



Spit, don't rinse after brushing



Uminom ng tubig at gatas



Piliin ang masusustansyang meryenda na makabubuti sa ngipin



Regular na magpatingin ng ngipin  
Community Dental 0800 TINY TEETH (846 983)



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Fa'aaoga mea fulunifo o lo'o i ai le fluoride

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# 5 TIPS TO KEEP YOU SMILING



Cepille sus dientes con pasta dental fluorada durante dos minutos, dos veces al día



Escupa, pero no se enjuague después de cepillarse



Beba agua corriente y leche



Consuma refrigerios sin azúcar añadida



Atención odontológica GRATUITA para menores de 18 años

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# 5 TIPS TO KEEP YOU SMILING



قم بتفريش أسنانك باستخدام معجون أسنان يحتوي على الفلورايد لمدة دقيقتين ، مرتين في اليوم



ينصح ببصق معجون الاسنان بعد تنظيف الاسنان بالفرشاة و عدم شطفه بلماء



شرب مياه الصنبور والحليب



تناول وجبات خفيفة بدون سكر مضاف



رعاية أسنان مجانية لعمر أقل من 18 عامًا

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# 5 TIPS TO KEEP YOU SMILING



用含氟牙膏刷牙，一天两次，  
每次两分钟。



刷牙后吐掉牙膏残渣，  
不要用水漱口。



喝自来水和牛奶



食用不添加糖分的零食



18岁以下，免费牙科保健

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