

# FREE DENTAL CARE FOR 0-17 YEAR OLDS

## Children 0 to 5 years

Are seen at a local Community Dental Clinic.  
To enrol ask your Well Child / Tamariki Ora  
provider or doctor, or call:  
**0800 TINY TEETH (0800 846 983).**

## Primary and Intermediate School Children

Will be seen in a mobile dental van visiting  
their school. If further dental care is  
needed this will be carried out in a  
Community Dental Clinic.

## Teens

No matter where you are at; school, course,  
work or couch, dental care is free until  
your 18th birthday. To find a teen dental  
provider call:

**0800 TALK TEETH (0800 825 583)**

[www.cdhb.govt.nz/dentalcare](http://www.cdhb.govt.nz/dentalcare)



# IT'S EASY TO PROTECT YOUR FAMILY'S SMILE

# TIPS FOR A HEALTHY SMILE

1 Brush 2x a day with fluoride  
toothpaste

2 Have regular dental checks

3 Healthy snacks = Healthy teeth

4 Drink water and milk

For more information:  
Call 0800 TALK TEETH  
0800 825 583  
[www.cdhb.govt.nz/dentalcare](http://www.cdhb.govt.nz/dentalcare)