

## ORAL HEALTH

### PRE-ENROLMENT DETAILS

For children aged from 2½ and not currently enrolled with the School Dental Service

Please complete all questions:

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ ☐ Boy ☐ Girl

Which ethnic group do you belong to? Tick up to three boxes

- ☐ New Zealand European ☐ Maori ☐ Tongan  
☐ Niuean ☐ Samoan ☐ Chinese ☐ Cook Island Maori  
☐ Indian ☐ Other: \_\_\_\_\_

Younger than 2½ years (tick): Yes ☐ No ☐

Any known dental problems at present: Yes ☐ No ☐

If yes, please state: \_\_\_\_\_

Address: \_\_\_\_\_

Contact phone numbers: \_\_\_\_\_

Parent/Caregivers Name: \_\_\_\_\_

Preferred School Dental Clinic: \_\_\_\_\_

Where did you receive this pre-enrolment form: \_\_\_\_\_

Please return this form to:

Early Childhood Health Promoter PO Box 647 Nelson

Phone (03) 546 1536

Early Childhood Health Promoter PO Box 46, Blenheim

Phone (03) 520 9973

## 'FREE' TIPS FOR TERRIFIC TEETH!

# F

**Fluoride  
Toothpaste**

Fluoride helps to strengthen teeth and reduce early decay.

The natural level of fluoride is low in the Nelson/Marlborough water. Fluoride toothpaste should be used  
as soon as the first tooth appears.

If you wish to enquire about whether your child would benefit from fluoride tablets please contact a Dental Therapist.

# R

**Regular  
Brushing**

Use a small, soft toothbrush with a pea size of standard strength fluoride toothpaste and brush twice a day.  
(after breakfast and before bedtime).

Remember to spit and don't rinse.

Lift your child's lip once a month to check for decay - look for white or brown spots on his/her teeth near the gums. Remember, teeth can start to decay as soon as the first tooth comes through

# E

**Eating Well**

Limit snacking to 2-3 times a day.  
Give teeth a rest between meals and snacks.  
Avoid foods that are kept in the mouth for a long time.

Snack Ideas:

Bread rolls, savoury muffins or plain crackers, toast, unsweetened dry cereals, wheat and pita breads.  
Raw veg, fruit pieces, grated veg and salads, cheese, eggs, yogurt or cottage cheese dips, cheese spreads.  
Chicken, tuna or salmon and lean meats.  
Water and milk are the best drinks

# E

**Enrol**

Enrol for FREE dental care at a school dental clinic.

Ring to make an appointment with a Dental Therapist when your child is 2½ years old (or earlier if concerned).

For further information please phone:

Nelson: Ph 03 546 1286

Blenheim: Ph 03 520 9999 ext 7826



Nelson Marlborough  
District Health Board