

Paraihe Niho

Paraihengia o niho e rua ngā
wa o te ra, ia ra

Brush twice a day

Mahia te peniho
pukowhai

Use a fluoride toothpaste

Mahia he paraihe iti,
he paraihe ngawari
hoki

Use a small soft toothbrush



Ki roto: Paraihengia ki roto, ki waenga i o niho

Ki runga: Paraihengia ki runga i o niho

Ki waho: Paraihengia ki waho i o niho

Paraihengia + Tuwhangia

Brush all round inside, Brush the chewing surfaces, Brush the outside, Brush + Spit