

5 tips for keeping your smile healthy during pregnancy



Eat a range of healthy foods

- Eat a range of healthy foods from the four main food groups.
- Choose healthy snacks.
- Limit sugary snacks to occasional treats.



Drink water and milk

- Water is the best drink.
- Milk is a great source of calcium and can help support your nutritional needs during pregnancy.
- Avoid sugar-sweetened drinks. These have little nutritional value.

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

- Brush twice a day, after breakfast and before bedtime.
- Use a soft toothbrush with a pea-sized amount of adult (full strength fluoride) toothpaste.
- Floss daily to help keep teeth and gums healthy.
- Avoid sharing your toothbrush with other people and replace your toothbrush every three months.
- Avoid brushing your teeth straight after vomiting to prevent damage to your teeth surface. Rinse your mouth with water, or to neutralise acid, add one teaspoon of baking soda to a cup of water, and use as a rinse.



Spit, don't rinse after brushing

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



Have regular dental check-ups

- A dental check-up during pregnancy is important for you and baby's health.
- It is safe to have dental care when you are pregnant. It is best to see a dentist during the second trimester. It is important to tell the dentist about your pregnancy when you are attending an appointment.
- Visit your dentist at least once a year.
- Dental care is FREE until your 18th birthday.





Children's Community Dental Clinic

Free for children 0-17 years

Dental treatment for children from birth to 18 years old is provided by different dental providers depending on your child's age.

Children from birth to school year 8

The Children's Community Dental Service provides free dental services to children from birth to Year 8. We operate from 83 dental facilities across the greater Auckland area. These facilities include a mixture of community-based clinics and mobile dental services. Dental care within the Children's Community Dental Clinic is primarily provided by Dental therapists and Oral Health therapists who are qualified professionals specialising in oral health diagnosis, treatment and prevention. How often we see your child is based on your child's clinical need. Our therapists will assess your child's need and talk to you about it. Please note we do not provide orthodontic care.

Children from school year 9 to aged 18 years (Adolescent)

Adolescent dental care is provided by selected dental practices/dentists who have a contract with the District Health Board from Year 9 until their 18th birthday. Regardless of whether adolescents are at school, in paid employment or not, they are still entitled to free dental services. For more information about adolescent dental care or to find a dental practice who provides funded dental care near you please check our website www.ards.co.nz or phone 0800 TALK TEETH (0800 825 583).

Contacting the Children's Community Dental Service

To find a list of the closest or most convenient Children's Community Dental clinic please visit our website at www.ards.co.nz. There you will find a list of contact details for our clinics. Your local

clinic staff can assist with enrolling your child and booking or rescheduling appointments. Alternately you can call 0800 TALK TEETH (0800 825 583)

Updating your contact details

It is helpful for us to have your child's most up-to-date address, contact phone number, email and school. Please email us at ARDS@waitematadhb.govt.nz, along with your child's name and NHI number if known.

If your child has tooth pain

To book your child for a Relief of Pain appointment, please contact your local children's community dental clinic or call 0800 TALK TEETH (0800 825 583)

If your child has an accident involving their teeth

If your child has had an accident involving their teeth or mouth it is important the accident is registered with the Accident Compensation Corporation (ACC). To do so, please contact your local dentist or after-hours service directly. You will be asked to complete an ACC form and a fee may apply – we suggest you ask your local dentist or after-hours service about any fees or costs when booking the appointment. Our therapists cannot register your child's accident with ACC but we are happy to provide you with any advice.

If your child is in pain outside normal operating hours

In most clinics, our usual hours of work are 8am-4.30pm Monday-Friday. If your child requires a Relief of Pain appointment outside these hours, please contact your local dentist or after-hours service directly. Please note this may not be free, so we suggest you discuss this with your local dentist or after-hours service when booking the appointment.