



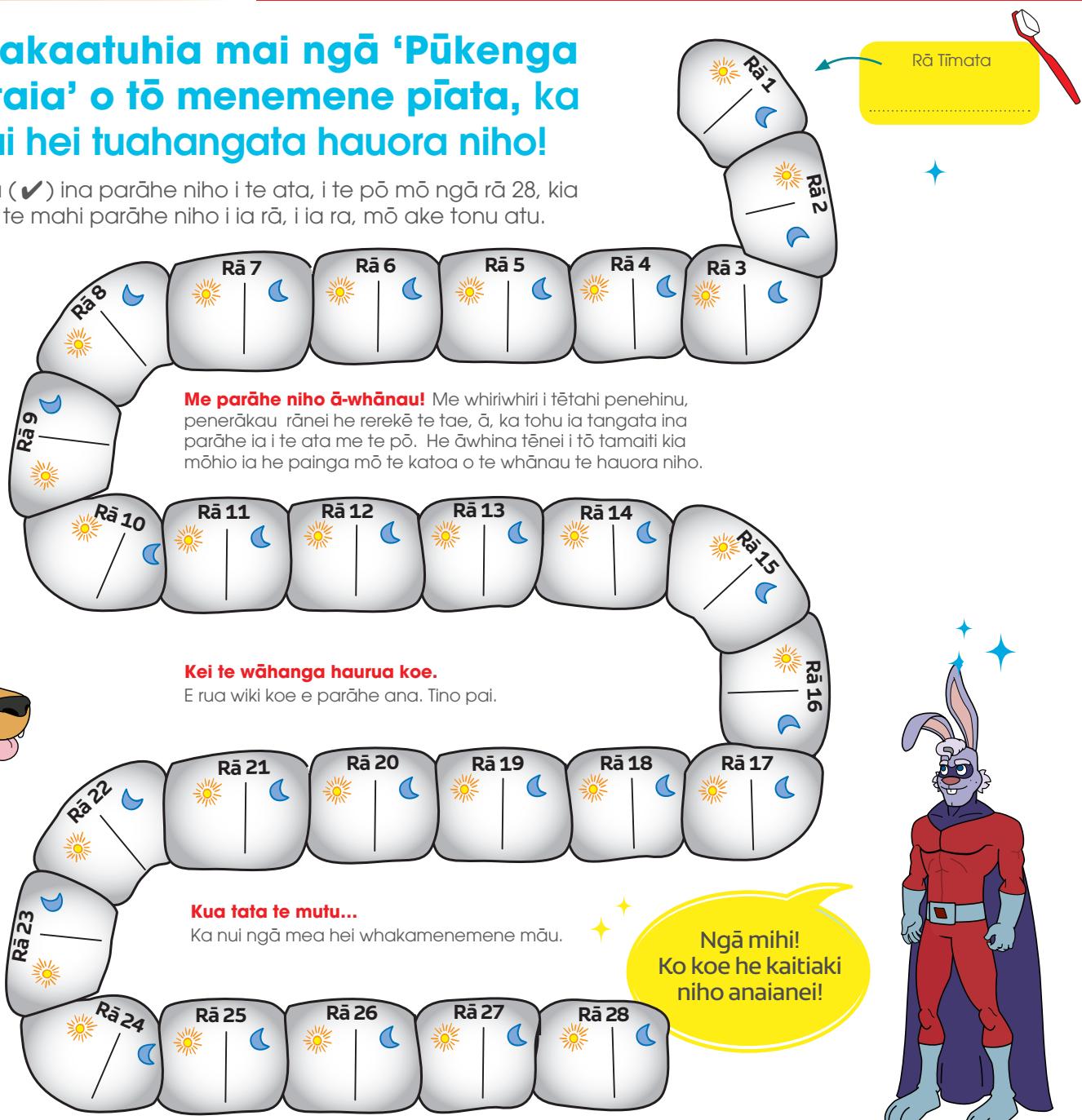
E hāngai pū ana te hauora nihō ki te hauora  
whānui o te tangata. Āwhinatia to tamaiti kia  
ū ki ngā mahi titika.

Me Mohipi Kīang Kohero Hirahira Nēi...  
Me Mahi Tahi Tou!

# TE MENEMENE PIĀTA O TŪ TAMAITI

## Whakaatuhi mai ngā 'Pūkenga Autaia' o tō menemene piāta, ka tū ai hei tuahangata hauora nihō!

Tohua (✓) ina parāhe nihō i te ata, i te pō mō ngā rā 28, kia ū ai ki te mahi parāhe nihō i ia rā, i ia ra, mō ake tonu atu.



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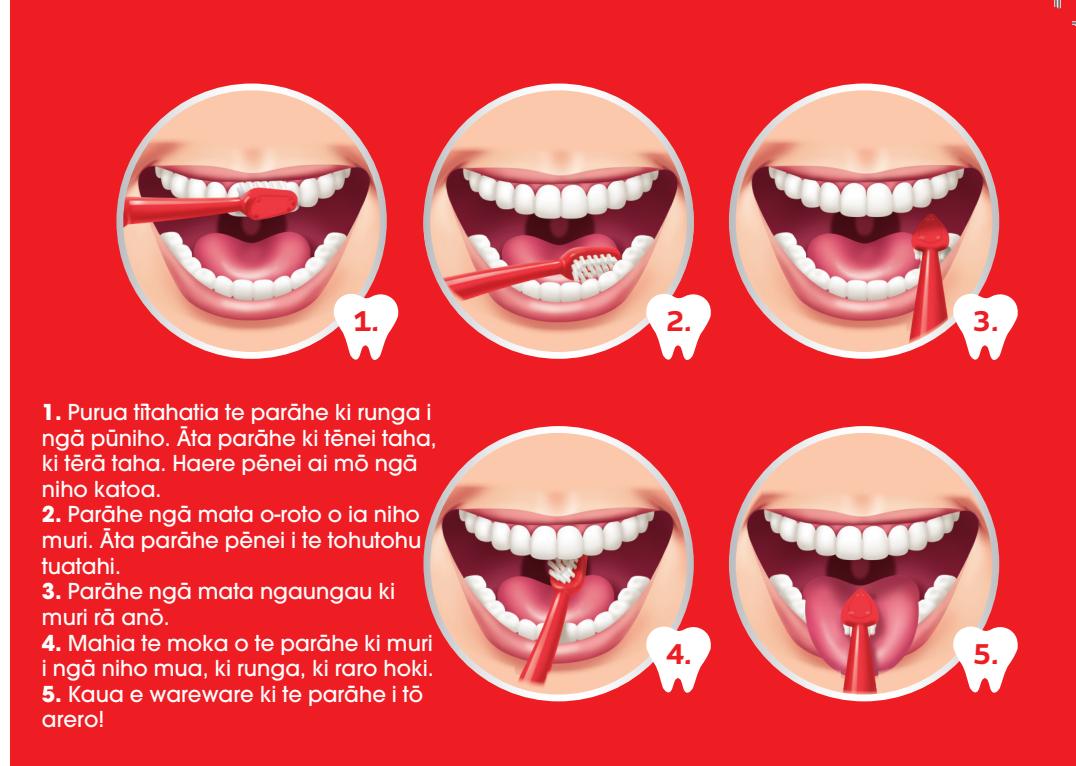
Kia kimi kōrero anō e pā ana ki hauora ā-nihō mō te whānau katoa, haere ki [www.colgate.com.au](http://www.colgate.com.au)

# TUATAHI.

Kia rua o parāhe niho ki te pēniho pūkōwhai i te itinga rawa i te rā, otirā i muri o te parakuihi, i mua hoki i te hokinga ki te moe.

Ka tangohia e te parāhe niho ngā toenga kai me te rehu mā hāpiapia (plaque) – ā, mā te pūkōwhai e noho pai ai ū niho me te ārai i te pirau!

Whakaatuhiā  
ki tō tamaiti te  
mahi parāhe  
niho tika



KO TE MEA  
NUI KO TE  
**RAHINGA O**  
NGĀ WĀ  
KAI



# TUATORU.

Me auau te tirotiro i ū niho.

Ka mahi tahi ngā rata niho, ngā kaihaumanu niho rātou ko ngā kaiakuaku niho hei hiki i tō hauora niho. Hei āwhina i te kaupapa nei, i waenga i ngā takitaki niho me tiaki koe i ū ake niho me ngā pūniho i ia rā, i ia rā.



# TUARUA.

Me iti noa ū kai  
paramanawa i ia rā.

I te wā e kai ana, e inu ana rānei koe (atu i te wai), ka ngaua ū niho e te waikawa rehu mā hāpiapia. Koinā te take me kaua e rahi rawa ngā wā kai.



Te  
whakaritenga  
niho a tō  
tamaiti

I te wā o te tirotiro niho, ko tā te mātanga niho pea he:

- Horoi me te whakapīata i ngā niho o tō tamaiti
- Tirotiro anō i ngā niho me ngā pūniho o tō tamaiti
- Tango whakaahua roto
- Kōrero mō te haumaru niho tika
- Hoatu whakakopi niho