



Whether you are at preschool, home school, primary or high school, a training course, working or are unemployed – you can receive free dental care every year. That should give you something to smile about!

commdental@cdhb.health.nz
0800 846 983



COMMUNITY
dental service
Te Whatu Ora
Health New Zealand

- Community Dental Clinics are closed from
 - Monday 25/09/2023 reopening on
 - Monday 09/10/2023.

We have limited appointments available over the Holiday period.

- Please call **0800 846 983** or email: commdental@cdhb.health.nz to book an appointment.
- If you cannot attend your booked appointment, please let us know so we can book another child.

5 Tips for Healthy Teeth

- Brush morning and night
- Use a toothbrush with soft bristles and full-strength fluoride toothpaste (1000ppm)
- Spit don't rinse!
- Brush your baby's teeth as soon as they appear
- Supervise brushing until eight years old