

Tips for a Healthy Smile!

1. Brush your teeth twice a day with a regular-strength fluoride toothpaste
2. Spit - don't rinse
3. Have regular dental check-ups
4. Choose healthy, tooth-friendly snacks
5. Drink milk and water (fluoridated water is best)

Fold Here

Community Oral Health Service

It's easy to protect
your family's smile

Southern District
Health Board

Community Oral Health Service

He Oraka Niho

**FREE DENTAL CARE
FOR 0 - 17 YEAR OLDS**



Want to know more?

Call 0800 ORAL HEALTH
(0800 672 543)

or email:

oralhealth@southerndhb.govt.nz

Affix
Stamp
Here

Community Oral Health Service Application Form

Name of Child/Teen: _____ Male ☐ Female ☐

[First Name(s)] [Family Name]

Date of Birth: _____ NHI: _____ NZ Resident: Yes ☐ No ☐

Home Address of Child/Teen: _____ Well Child Provider: _____

Suburb: _____ Town/City: _____ Post Code: _____

Postal Address of Child/Teen: _____
[If different to home address]

Parent/Guardian Name: _____ Signature: _____

Home Telephone: _____ Cell Phone: _____

Teen Cell Phone: (if applicable) _____

Alternative Contact Name: _____ Contact Phone: _____

Doctor: _____ Child/Teen's Country of Birth: _____

My Child/Teen is:

(Please tick box and write the Year level)

Parent's Email: _____

☐ Preschool

☐ Year 1 – 8

Specify Year Level: _____ School Name: _____

☐ Year 9 – 13

Specify Year Level: _____ School Name: _____

☐ Left School

Other Family Members: _____

Child/Teen's Ethnicity:

☐ NZ European/Pakeha

☐ Pacific Island
(Please specify) _____

☐ NZ Maori

☐ Other
(Please specify) _____

Tear Here

**Tips for a
Healthy Smile!**

1. Brush your teeth twice a day
with a regular-strength fluoride
toothpaste

2. Spit – don't rinse

3. Have regular
dental check-ups

4. Choose healthy,
tooth-friendly snacks

5. Drink milk and water
(fluoridated water is best)

Community Oral Health Service

**It's easy to protect
your family's smile**

Southern District
Health Board