



Northern
Territory
Government

Brushing teeth

- Brush teeth every day to keep teeth healthy.
- Water is the best drink for healthy teeth.



Families as First Teachers
helping families helping children

Healthy Kids



**a smart
Territory**
fresh ideas | real results



Wash hands to stop germs spreading

- Teach kids to wash their hands before eating.
- Teach kids to wash their hands after going to the toilet.

Blowing noses

- Blowing noses helps keep kids ears healthy. Healthy ears are important for learning language.
- Teach kids to blow their nose until it is empty to get rid of germs.

Healthy skin

- Washing helps to keep kid's skin healthy.
- Scabies and sores can lead to heart and kidney problems later. Get help for sores from the clinic.

Healthy ears make learning easier for kids

- Remind kids to blow their nose till it is empty to help keep ears clear.
- Get babies ears checked every time they go to the clinic.
- Make sure kids finish all their medicine.

