



# Smiles 4 Miles Newsletter

Term Four, October 2016

## Smiles 4 Miles Term Four Drink Well, Eat Well and Clean Well

Welcome to Smiles 4 Miles for Term Four. This term we are encouraging children at Early Year's Services to remember all the healthy Smiles 4 Miles messages they learnt throughout the year and continue to Drink Well, Eat Well and Clean Well!



## The Smiles 4 Miles key messages!

### DRINK WELL

Drink well aims to promote:

1. Tap water as the preferred drink.
2. Avoiding sugary drinks.
3. Choosing plain milk over flavoured.



### EAT WELL

Eat well aims to promote:

1. Enjoying a wide variety of nutritious foods.
2. Enjoying healthy snacks.
3. Limiting sugary foods and sweets, especially between meals.

### CLEAN WELL

Clean Well aims to promote:

1. Brushing twice a day with a low fluoride children's toothpaste.
2. Developing good oral hygiene practices at an early age.
3. Ensuring children have regular dental check-ups.

By drinking water, eating healthy 'everyday foods and cleaning our teeth regularly, we can make sure we not only are healthy, but that we have healthy, strong teeth. The good habits we start now, are more likely to continue as we grow up, so it is important we get it right!

## Smiles 4 Miles

Smiles 4 Miles is a program that promotes good oral health through healthy eating, drinking and brushing.

**"Smiles 4 Miles promotes the key messages of Drink Well, Eat Well and Clean Well."**

Smiles 4 Miles is an initiative of Dental Health Services Victoria (DHSV) which works in partnership with organisations to improve the oral health of children, their families, early childhood staff and the wider community.

### Questions?

Contact your local Smiles 4 Miles Coordinators:

**Claire Dagley**

Phone: 03 5232 5101

[cdagley@cah.vic.gov.au](mailto:cdagley@cah.vic.gov.au)

**Erin McClusky**

Phone: 03 5232 5347

[emccusky@cah.vic.gov.au](mailto:emccusky@cah.vic.gov.au)

### Dental Appointments

**Colac Dental Clinic**

13 Miller Street, Colac

Phone: 03 5232 5352

Office Hours: 8.30am-4.30pm

**Free for all children aged**

**0-12 years.**



## Healthy Recipe

Healthy eating is a part of overall good health. Try making this healthy Chicken and Chickpea Rice Salad recipe with your child.

### INGREDIENTS:

400g 90-second microwaveable brown rice  
400g canned chickpeas, rinsed  
300g cooked chicken breast fillets, sliced  
250g cherry tomatoes, halved  
4 cups baby spinach leaves  
1 ½ cups salt-reduced vegetable stock  
2 tablespoons pesto



### INSTRUCTIONS:

1. Cook rice according to packet instructions. Cool slightly and place into a large bowl. Add chickpeas, chicken and tomatoes.
2. Place spinach leaves into a large heatproof bowl. Just cover with boiling water, to wilt leaves (about 30 seconds). Drain. Stir into rice, along with pesto and serve.

*Recipe and Image Courtesy of Australian Healthy Food Guide*

## How often should I brush my child's teeth?

Brush Boy encourages us to; brush our teeth regularly, look after the health of our teeth and mouth, and to visit the dentist for check-ups regularly.

1. Children under 8 of age need help from an adult to clean their teeth.
2. A good indication of when a child can brush their own teeth is when a child can tie their own shoe laces.
3. To reduce the risk of tooth decay, children's teeth should be brushed twice a day, once in the morning and once before going to bed.

## When should my child first see an oral health professional?

- Children should have their teeth checked by a health professional by the age of two.
- Ensure children have regular dental check-ups, don't wait for a problem! The first signs of tooth decay in children often go unnoticed by families and carers. Early detection is important!
- For many children, the first dental visit is just about becoming familiar with the dental environment.



## How much water should children drink?

Water Boy encourages us to choose water to drink instead of sugary soft drinks, cordial and juices.

The amount of water children need on a daily basis depends on their age, activity level and the weather. As a general guide, children between 1 to 8 years of age need to drink around 4 - 5 cups of water per day.

## Enjoy healthy snacks everyday!

Munch Girl encourages us to choose 'everyday' foods, such as fruits, vegetables, lean meats, dairy and wholegrain breads and cereals.

Healthy snacks include fresh fruit and vegetables, yoghurt, cheese and dry biscuits and healthy sandwiches. Dried fruits should be consumed in small amounts as they have higher concentration of sugar than fresh fruit. Dried fruit is also sticky and can stay on teeth for a longer time, increasing risk of tooth decay.

