



Smiles 4 Miles Newsletter

Term Three, July 2016

Smiles 4 Miles Term Three

Clean Well

Welcome to Smiles 4 Miles for Term Three. Each term we focus on one of the three key oral health and healthy eating messages. This term, we are encouraging children at Early Year's Services to Clean Well!

Clean Well aims to promote:

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



How to brush your child's teeth

1. Smear a pea-sized amount of low-fluoride toothpaste onto a soft children's toothbrush.
2. Sit the child in your lap, facing away from you, or stand behind taller children. Tilt the child's head back against your body so you can see all the surfaces of the teeth.
3. Angle the bristles of the toothbrush towards the gum. Move the brush in gentle circles to clean the outer sides of the teeth and gums.
4. Brush in gentle circles on the inside of the teeth and gums.
5. Brush back and forward on the chewing surface of the teeth.
6. After brushing all the surfaces, encourage your child to spit out the toothpaste
7. Do not allow them to swallow or rinse. The small amount of fluoridated toothpaste left in their mouth after spitting continues to protect against tooth decay.



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:

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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 Smiley Face Tomato Soup recipe with your child.

INGREDIENTS:

4 slices multigrain bread cut into 1cm cubes
Olive oil spray
1 onion, chopped
2 garlic cloves, chopped
400g can diced tomatoes
1 ½ cups salt-reduced vegetable stock
1 medium carrot, peeled and grated
Juice from 1 orange (1/3 cup)
2 tablespoons low fat natural yoghurt



INSTRUCTIONS:

1. Preheat oven to 200°C. Place bread onto a baking tray. Spray lightly with oil. Bake for 10 minutes until crispy. Set aside.
2. Spray a medium saucepan with oil. Cook onion over medium heat for 5 minutes. Add garlic, tomatoes, stock and carrot. Bring to boil. Simmer covered, for 20 minutes. Add orange juice.
3. Using a blender, mix soup until smooth. Pour into 4 bowls.
4. Pipe yoghurt onto soup in the shape of a smiley face. Enjoy!

Recipe and Image Courtesy of Australian Healthy Food Guide

Brush Boy

Brush Boy is one of the three Smiles 4 Miles 'Defenders of the Tooth' characters and he encourages everyone to Clean Well.

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.

Brushing our teeth well is important for protecting our teeth from tooth decay and ensuring our teeth are healthy and strong.

To make sure we are cleaning well like Brush Boy, we should:

- Brush our teeth twice a day with a low fluoride children's toothpaste. An adult will need to help us with this until we are a bit older.
- Make sure we are looking after our teeth and gums from an early age – baby teeth are very important!
- Ensure we have regular dental check-ups.

What is tooth decay?

- Tooth decay occurs when sugars in the food and drinks we consume react with the bacteria in plaque, forming acids.
- Every time you eat or drink anything containing sugars, the acids attacks the teeth and starts to soften and dissolve the hard outer layer of the tooth called enamel.
- The attacks can last for up to an hour after eating or drinking, before the minerals in your saliva cause the enamel to 're-mineralise' and harden again.
- Snacking between meals on sugary foods and drinks can increase the risk of tooth decay, as the teeth come under constant attack and do not have time to recover.
- Therefore it is important to limit sugary foods and drinks between meals.

What to look for in your child's teeth!



Articles and Images courtesy of DHSV.