



Smiles 4 Miles Newsletter

Term One, January 2016

Welcome to Smiles 4 Miles Term One

Drink Well

Welcome to Smiles 4 Miles for 2016. 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 Drink Well!

Drink Well aims to promote:

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



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.**

Tips to reduce sweet drinks!

- Encourage all family members to drink water with meals and snacks. Role modelling is important to encourage children to develop healthy habits.
- Carry a water bottle and get one for everyone in the family so you don't have to buy a drink if you're thirsty.
- Avoid buying sweet drinks.
- Offer plain milk without flavourings. Avoid adding flavourings and toppings with added sugar to plain milk as the added sugars can lead to tooth decay.
- If your family is finding it hard to kick the sweet drink habit, try watering down sweet drinks gradually over a few days to help make the swap to water easier. You can also reduce the number of sweet drinks per day and offer watered down drinks until you can stop them. Children may become upset at first but will get used to it if you continue.

Remember, it's never too late to start reducing sweet drinks!





Healthy Recipe

Healthy eating is a part of overall good health. Here is a healthy lunchbox recipe that you can make together with your child.

INGREDIENTS:

Cooking oil spray
2 cups self-raising flour
1 pinch of salt
1 cup grated zucchini (1 large)
1 cup (220g) fresh, frozen or canned corn kernels
75g lean ham, dice
1/2 cup grated reduced-fat cheddar cheese
200ml low-fat milk
1 egg
80ml (1/3 cup) sunflower oil



INSTRUCTIONS:

1. Preheat oven to 180°C. Spray a 24-hole mini muffin tin with oil.
2. Sift flour and salt into a large bowl. Add zucchini, corn, ham and cheese and stir to combine. Set aside.
3. In a separate bowl, whisk together milk, egg and sunflower oil. Stir wet ingredients into dry ingredients, until just combined.
4. Divide mixture between muffin holes. Cook in preheated oven for 12 minutes or until golden and cooked through.

Recipe and Image Courtesy of Australian Healthy Food Guide

Are diet soft drinks better for my child's teeth?

Even though soda, plain mineral water and artificially sweetened drinks such as diet soft drinks do not contain sugar, they are very acidic. Frequent consumption of acidic drinks may lead to tooth erosion. Tooth erosion is the gradual dissolving of the tooth's enamel which is the white, hard outer layer. This can increase the risk of tooth decay. Other acidic drinks include soft drinks, fruit juice and sports drinks.

Drinking artificially sweetened drinks such as diet soft drinks, can lead to a preference for sweet drinks and create a habit for sweet drinks.



What to look for in your child's teeth!



Water Boy

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

Water Boy teams up with Munch Girl, who promotes eating well, and Brush Boy, who encourages us to brush our teeth well. Together these three characters aim to ensure we are looking after both the health of our teeth and bodies.

Drinking well is important for protecting our teeth from tooth decay and ensuring our teeth grow healthy and strong.

To make sure we are drinking well like Water Boy, we should:

- Choose water – it is cheap, easy to access and best for our teeth!
- Avoid sugary soft drinks, cordial and juices – they can damage our teeth and cause tooth decay.
- Choose plain milk over flavoured – it has plenty of calcium to make our teeth strong but without the added sugar!



Encourage children to drink plenty of tap water.



Articles and Images courtesy of DHSV.