

Healthy families

Healthy smiles

Issue No. 21 December 2021

Farewell to 2021 and Welcome 2022

Welcome to issue no. 21 of the Healthy Families, Healthy Smiles newsletter. The past two years have felt much longer and harder, but there are signs that the tides are changing. Despite being a challenging time, 2021 has been a very busy and productive year for the Healthy Families, Healthy Smiles team. We could not have done it without you. We would like to take this opportunity to congratulate you for being an oral health champion and advocating for good dental health in your work.

As 2021 wraps up, we are already looking to the year ahead. The team has a few exciting things in store for 2022, including our Stakeholder Forum which is a wonderful opportunity to connect with our partners.

Brush Book Bed for library story time – an online toolkit for library staff

Brush Book Bed for library story time explores fun and playful ideas for sharing bite-sized dental health tips with children and families during library story time.

The online toolkit consists of plenty of practical tools and ideas so that library staff can deliver a story time session around 'brushing our teeth'. It includes storybook ideas and play-based learning activities and access to free resources to share with families.

Brush Book Bed includes a short 30-minute eLearning module that introduces dental health so you can engage with children and families about healthy smiles in fun and playful ways.



Read more about the Brush Book Bed for library story time on page 2.

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HFHS Team Highlights of 2021

It's been a busy year for the HFHS Team! Here are some of our key achievements from across the year:

- We sponsored 29 midwives to successfully complete the [Midwifery Initiated Oral Health program](#) for 2021. Another 13 Midwives started the course in September.
- We provided 615 family tooth packs to Early Parenting Centres (Queen Elizabeth Centre, Tweddle and O'Connell Family Centre) to support families participating in Parenting Assessment and Skills Development Stronger Families, Home Parenting Education Support Services.
- We trained 56 Supported Playgroup Facilitators to deliver oral health promotion and implement the Brush Book Bed initiative which supports families establishing toothbrushing routines with young children.
- We supported oral health promotion learning of 145 Graduate Diploma in Child and Family Health Nursing students (who will become maternal child and health nurses) through online workshops.
- We delivered a successful Stakeholder Forum with 40 attendees in May 2021.
- Our [Let's brush! video](#) was translated into an additional 6 languages (Assyrian, Dari, Mandarin, Persian, Punjabi, Sinhalese) and is now available in 10 languages.
- We collaborated with colleagues from our DHSV Health Promotion Team, VACCHO and Aboriginal artist Madison Connors to produce the [Deadly Tooth Tips](#) series.
- We collaborated with Dietitians Australia to deliver a webinar regarding interdisciplinary collaboration reaching 290 oral health and nutrition professionals.

Brush Book Bed for Library Story Time

Brush Book Bed aims to create awareness and a positive attitude to toothbrushing, help inspire little ones to learn more about their smile and to take good care of their teeth.

The Brush Book Bed for library story time online toolkit was developed with the support and advice of interested librarians. It has been designed to give practical guidance to library staff so that they can easily and naturally talk about 3 simple 'bite-sized' oral health tips during regular story time activities.

It encourages children and parents to learn about teeth and toothbrushing while playing together, sharing stories, songs and trying out hands-on activities.

For more information email robyn.alexander@dhsv.org.au

Share your story at our 2022 Forum

We're calling for expressions of interest from our stakeholders to present at our upcoming Healthy Families, Healthy Smiles Forum in May 2022. Can you give a short presentation about how the program has supported you to promote oral health in your role as a health or early childhood professional?

Contact kritika.jain@dhsv.org.au for more information or to express your interest.

Free Oral Health Training for Midwives

The Midwifery Initiated Oral Health Education Program equips midwives with the skills and confidence to include oral health promotion in antenatal appointments. The program (hosted on the Australian College of Midwives eLearning portal) is free of charge for those who are eligible for DHSV sponsorship and will give you 16 CPD hours.

[Find out more or apply here](#)



Oral Health and Nutrition: Collaboration Supports Better Health

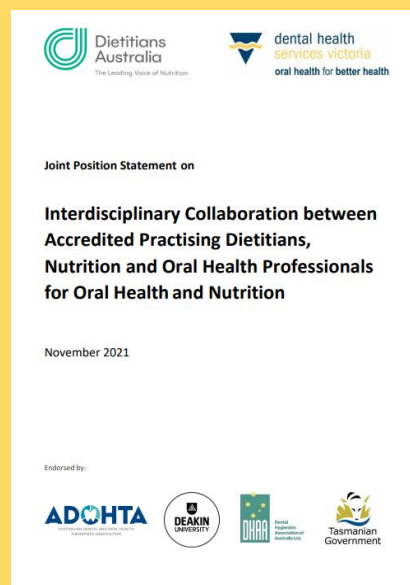
Dietitians Australia and Dental Health Services Victoria (DHSV) are very pleased to announce the release of a new joint position statement on Interdisciplinary Collaboration between Accredited Practising Dietitians (APDs), Nutrition and Oral Health Professionals for Oral Health and Nutrition.

Oral health and nutrition are closely related, and this statement makes it easy for professionals to identify where collaboration and cross-referral need to take place. We hope that through greater collaboration between oral health professionals and APDs, we can support better outcomes for Australia's nutrition and oral health.

Gillian in the Healthy Families, Healthy Smiles team has led the development of this resource alongside Dietitians Australia. A working group of key stakeholders from across the oral health and nutrition sector have provided a valuable contribution to the development of the statement.

The position statement has been endorsed by Australia Dental and Oral Health Therapists' Association, Oral Health Services Tasmania, Dental Hygienists Association of Australia, and Deakin University.

[View the Joint Position Statement here](#)



Call to Participate - help kids grow up happy with big healthy smiles

We are seeking Early Childhood Education and Care professionals to join our new Advisory Group.

We all want children to be happy and healthy. Just like we educate children to wash their hands and cover coughs to keep from spreading germs, we can also help children learn that we brush our teeth to keep our mouths clean and healthy.

With your experiences, expertise, and ideas – we aim to improve the oral health of children and families.

Please email robyn.alexander@dHSV.org.au telling us:

- Your job title and setting/service type
- The postcode of the setting/service where you work
- Why you are interested in being part of Advisory Group and any relevant experience (max 250 words)

[Click here](#) for more information about the Advisory Group. Please share with anyone who might be interested.

New Training Module for Early Childhood Educators

The Healthy Eating Advisory Service has released a new training module designed especially for early childhood educators. This FREE module takes less than 45 minutes to complete and helps educators to be healthy eating ambassadors to the children in their care.

[Learn more about the module here.](#)



Top Tips to Keep Kids Smiling These Holidays

The holiday season is fast approaching it's a good time remind families of some simple summer tips for healthy holiday teeth. These tips can help families support children to have fun while learning about teeth these holidays.

1. Make brushing a top priority

With days full of activities and excitement, it's easy for a family's usual brushing routine to be disrupted. Encourage families to make brushing fun such as brushing teeth while listening to a carol like Rudolph the red nosed reindeer. [Click here for more tips and resource that support toothbrushing.](#)

2. Choose healthier sweet treats

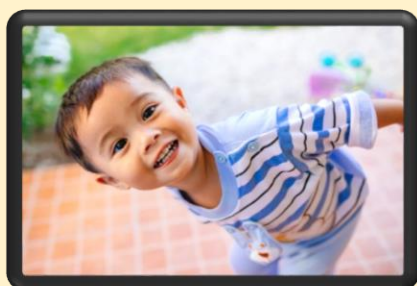
Most families will find it difficult to avoid sugary foods all together during the holidays. Why not encourage parents to try some new, simple recipes that will ensure the whole family can enjoy a healthier sweet treat over the holidays, such as these yummy [watermelon popsicles](#) or this delicious [fruity crumble](#).

3. Encourage Water

Water is a great drink for young children – not only does it keep kids hydrated during those hot summer days, but it's also good for teeth. Tap water is particularly good because it contains fluoride which can help prevent tooth decay. Encourage families to drink plenty of tap water throughout the day and especially after eating. You might also like to remind families that for babies under 12 months, tap water should be boiled and cooled before drinking.

4. Have fun while learning about teeth

We know that it can be a bit tricky for parents to keep kids occupied during the holidays. Why not share these fun activity ideas with families so they can keep kids entertain while learning about teeth!



[Apps and videos](#)



[Storytime songs](#)



[Art and craft activities](#)



[Storytime books](#)

Welcome Kritika!

Kritika has completed a Bachelor of Dental Surgery overseas and a Master of Public Health locally. She has more than 3 years' experience working on health promotion and prevention initiatives including oral health, student health, international health, environmental health, and research projects. Kritika as our new Health Promotion Officer will primarily be assisting with health professional initiatives as part of the Healthy Families Healthy Smiles program. Welcome Kritika



Happy Holidays

From all of us in the Healthy Families, Healthy Smiles Team, we wish you a very happy holiday season and a safe and healthy new year. We hope you are taking some time to relax and celebrate the end of this year!

Dental Health Services Victoria will be closed from Monday 20 December 2021, and back on deck from Tuesday 4 January 2022.

get in touch

For more information about any of the Healthy Families, Healthy Smiles activities, please contact:

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