

Healthy families Healthy smiles

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Like you, we've had to find a new way to work

We've pulled together a collection of helpful resources (some new and some you'll already know) to help you support oral health when communicating remotely with children and families.

At Dental Health Service Victoria (DHSV) we understand that for many, accessing dental care has been put on the backburner during the COVID-19 pandemic. So now more than ever, teaching families good oral hygiene is important. Share these resources virtually with families and start a conversation about their dental health.

Families talk about their challenges with toothbrushing and share some helpful tips

These new videos by DHSV are nice and short, making them ideal to share with families. Watch families talk through the steps of toothbrushing and share some tips and tricks.

Suggestions for using these resources:

- Include a link to one of the clips in your social media channels or other communications with families.
- Play the video during your virtual session.

Choose from eight short videos or the full length video runs for 11 minutes.



[Toothbrushing with young children](#) video series available on [DHSV's YouTube channel](#)

Read more about the development of the Toothbrushing with young children video series on page 4.

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Let's brush! helping to shift children's attitudes to toothbrushing

In our *Let's brush!* video, Tash and 'Chomper' are joined by their animal friends to show children and families how to have some fun when brushing their teeth!

The 2-minute video invites children to join in toothbrushing – “smile like a monkey” and “ROAR like a lion.” Tash models simple cues and actions, designed to support children's growing independence, helping them learn the steps and take an active role in brushing their teeth.

[View the video and translations here on the DHSV YouTube Channel](#)



Hey I'm Tash and this is my friend Chomper

Video translations with subtitles available:

Arabic, Assyrian, Burmese, Dari, Mandarin, Persian, Punjabi, Sinhalese and Vietnamese.

Read more about the new Let's brush video translations on page 4.

Wala, Dhuna and Dirran's *Deadly Tooth Tips*



Wala the Platypus, Dhuna the Koala, and Dirran the Kangaroo headline DHSV's new Deadly Tooth Tips resource series.

These deadly dental health ambassadors celebrate Aboriginal culture and language, keeping words from the language of the Yorta Yorta people alive –Wala 'water', Dhuna 'eat', and Dirran 'teeth'. The resource series includes a tip sheet, social media tiles and posters. They are designed for professionals like you to share messages with children and families about keeping teeth and bodies healthy.

Download the [Deadly Tooth Tips](#), [social media tiles](#) and [posters](#).

Use these resources to:

- Start a conversation
- Share the images on your social media channels
- Cut-and-paste a dental health message from the **Deadly Tooth Tips** social media kit and post with the images

Read more about the development of our Deadly Tooth Tips on page 4.



Activity ideas to talk, play and learn about teeth

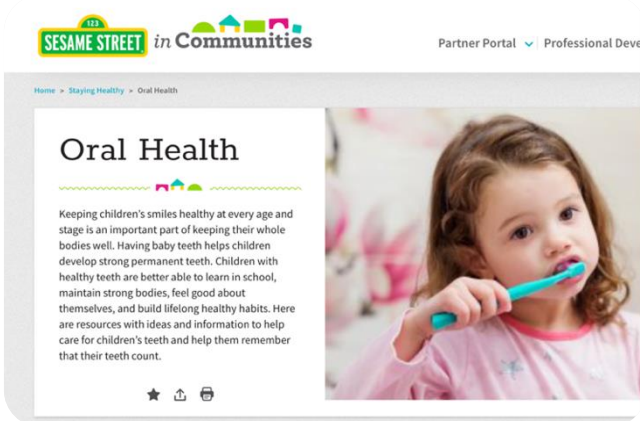
Story and craft ideas provide an opportunity for children and families to talk, play and learn about teeth – and how to take care of them.

Try these fun activities in an online session or share with parents and caregivers to do at home.

There are craft activities, links to read-alouds, Sesame Street videos and songs to get everyone talking and singing about their teeth! [Download the Social Media Kit here](#)

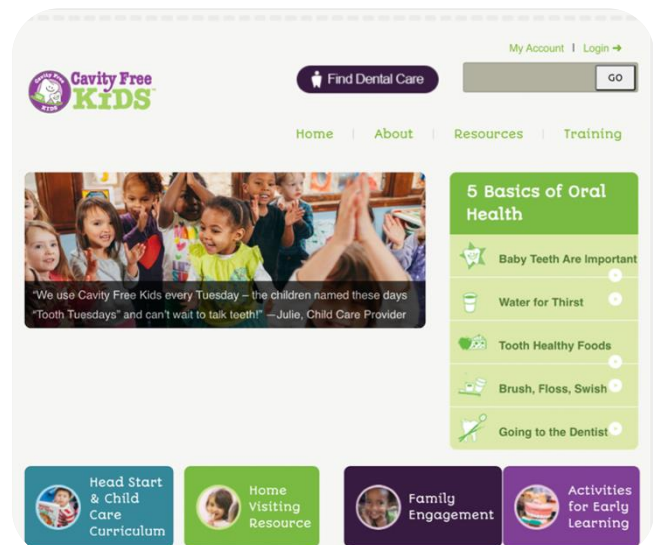
Incorporate oral health by:

- Sharing a post with families on your social media page - simply cut and paste the text and download an image to accompany it.
- Running an activity with families during virtual meetings.



Sesame Street in Communities shares hundreds of multi-media tools to engage kids and adults in everyday moments and daily routines—from teaching early math and literacy concepts, to encouraging families to eat nutritious foods...

<https://sesamestreetincommunities.org/subtopics/or>



Cavity Free Kids is oral health education for young children – from birth through age 5 – and their families

<https://cavityfreekids.org/>

Welcome Lauren

In June the Healthy Families, Healthy Smiles team was excited to welcome a new Health Promotion Lead – Lauren Zappa. Lauren brings with her qualifications in health promotion and public health, as well as more than a decade of experience working in diverse roles across the health and community sector.



How we created our new toothbrushing videos

The toothbrushing video clips were developed by DHSV's Health Promotion team during the COVID pandemic, which meant adopting a different research and consultation approach.

First, evidence showed that parents are confused about toothbrushing - when to start, how often and how to brush properly.

Next, a review of online parent forums gave an insight into parents' point of view, highlighting some challenges, as well as suggested solutions.

The overall aim of this video was to promote accurate dental health information to parents. Audio-visual format offers an inclusive and accessible means of communication. It was also critical we establish the right style and tone. Seeing and hearing from real families acknowledges the 'parent voice', their experiences and ideas, embracing a strengths-based approach.

Thanks again to the wonderful families for their participation and support in developing of this resource.

Celebrating culture through collaboration

National Aboriginal and Torres Strait Islander Children's Day (4 August), was the perfect opportunity to launch our new deadly dental health ambassadors, Wala the Platypus, Dhuna the Koala, and Dirran the Kangaroo.

The centre piece of Deadly Tooth Tips is the artwork, celebrating Aboriginal culture and language, and created by artist Madison Connors, a proud and strong Yorta Yorta (Wolithica), Dja Dja Wurrung and Kamilaroi woman and mother to two boorais.

The series was developed by DHSV's Aboriginal Community Development Officer, Steph Thow-Tapp, and the Health Promotion Team. VACCHO's nutrition team, Aboriginal early years services, Aboriginal community members and ACCHOs were also consulted through the processes.

get in touch

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

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Let's brush video translations

After consulting with our stakeholders, we worked with Australian Multilingual Service (AMS), to translate our *Let's brush* video project into more community languages. Assyrian, Dari, Punjabi, Persian, Sinhalese languages have been added to Arabic, Burmese, and Vietnamese.

Our challenge for this project was to ensure that the translated content was simple, engaging and appropriately communicated for the age of the target audience. Assyrian is a less common language for translations and voice over work. But with some hard work AMS was luckily able to locate and record a qualified Assyrian voice artist for our videos.