

# healthyfamilies healthysmiles

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## Baby Teeth Count Too! at the Victorian Early Years awards

The Baby Teeth Count Too! program for supported playgroups was recently recognised as a finalist in the 2016 Victorian Early Years Awards in the ‘promoting children’s health and wellbeing’ category.

The Baby Teeth Count Too! program was developed through the Healthy Families, Healthy Smiles program to help supported playgroup facilitators start discussions with families about good oral health.

DHSV would like to acknowledge all of the partners who contributed to the development and testing of the flipchart, especially VICSEG who helped out with the lovely photos that were displayed at the awards ceremony.



Families from the VICSEG Burmese Playgroup in Werribee, a partner in the Baby Teeth Count Too! program.

Staff from DHSV attended the awards ceremony in October. It was a special night at the National Gallery of Victoria recognising the fantastic work that

early childhood professionals and services do in our communities. We were honoured to be in such great company.

We would also like to congratulate the winner in this category – Goodstart Early Learning. Congratulations also to the Victorian Aboriginal Health Service for their Coaching Koorie Kids program that took out the Minister’s Award.

So far more than 150 supported playgroup facilitators have participated in oral health workshops across Victoria and have been provided with the oral health flipchart. We have enjoyed meeting the dedicated playgroup facilitators at the workshops and hope to meet more in 2017.



The Victorian Early Years Awards Ceremony at the National Gallery of Victoria.

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# New Resources

## The Little Teeth Book

A new pictorial oral health resource for maternal and child health nurses is coming soon.

To support Maternal and Child Health nurses (MCHN) in their oral health promotion role we have been developing a resource to help them engage with parents about their child's oral health. Consultation included focus groups with more than 80 MCHN and a survey with more than 100 responses. The resulting Little Teeth Book is a resource that uses engaging photos supported by brief evidence-based oral health messages. The MCHN can use the book to discuss issues using their knowledge and experience, relevant to their client's situation.

Recently 50 MCH nurses across 10 LGAs tested the draft Little Teeth Book during Key Ages and Stages consultations. The draft is currently being reviewed based on the feedback and any necessary changes will be made before The Little Teeth Book is published. The Department of Education and Training will distribute The Little Teeth Book along with the Key Ages and Stages Packs next year. Each MCH nurse will receive a copy of The Little Teeth Book as an engagement tool.

The Little Teeth Book project was made possible with additional

funding provided by Department of Health and Human Services.

If any MCH Service would like a refresher professional development session on oral health please contact Gillian Lang at [gillian.lang@dhsv.org.au](mailto:gillian.lang@dhsv.org.au) or on (03) 9341 1162.



## ‘Caring for your teeth while pregnant’ a new fact sheet for Aboriginal women

Team work leads to the development of a culturally appropriate oral health fact sheet for pregnant Aboriginal women.

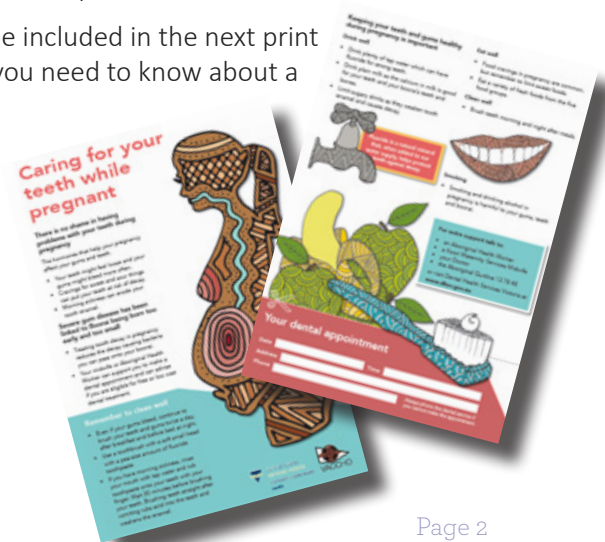


Collaboration between DHSV and the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) has resulted in the production of a culturally appropriate oral health resource for pregnant Aboriginal women. The Midwives and Aboriginal Health Workers from the Koori Maternity Service (KMS) across the State provided valuable ideas and insights about what the resource should include and reviewed drafts as they were developed. The KMS Team Leader, Simone Andy and Koori Maternity Strategy Project Officer, Shakara Montalto were crucial in considering the final wording and layout, with Shakara providing the amazing graphics. Cisco Fisher, VACCHO's Publication and Design Officer pulled everything together with his design skills. While the team of Aboriginal Liaison Officers from the Mercy Hospital For Women tested the fact sheet with women who attended the Nangnak Baban Murrup clinic.

The information contained in the fact sheet will also be included in the next print of the KMS Boorai Bundle booklet for mothers "All you need to know about a healthy pregnancy for a healthy boorai"

You can download the fact sheet from VACCHO or DHSV's website: [www.vaccho.org.au/resources/maternity-early-years/teeth-care/](http://www.vaccho.org.au/resources/maternity-early-years/teeth-care/) or [www.dhsv.org.au/professionals/midwives](http://www.dhsv.org.au/professionals/midwives) and click on the "Resources for your clients" link.

DHSV would like to thank everyone involved in the development of this new resource.



# Putting the squeeze on convenience food

You may have noticed a bit of bad press lately on the subject of food in ‘squeezy pouches’. In this article we look at some of the concerns and the connection to dental health.

It is no surprise that food in pouches has become very popular. Food manufacturers are catering to our love of convenience but there are a few things that parents should be aware of when choosing food for their baby in this type of packaging. A Herald Sun article (19 Sep, 2016) listed a number of reasons for caution such as: promoting sweet tastes, encouraging smooth foods for too long and the variety of ingredients. The ABC’s The Checkout program also turned their attention on baby foods in pouches highlighting that pureed baby food in this packaging promotes much bigger portion sizes for the recommended age (4-6 months). You can check out the episode at <http://www.abc.net.au/tv/thecheckout/episodes/s04ep14.htm>.

Nutrition claims on packaged food can be confusing – deliberately. Products may boast ‘no added sugar’, however parents need to check if ‘hidden sugars’ are added such as concentrated fruit juice or sugar under another name (like corn syrup, agave or evaporated cane juice). Fruit purees might also be added to some savoury varieties which can also promote a preference for sweet tastes.

The convenience of pureed products in pouches may also encourage parents to feed their children smooth foods for longer than necessary. The Infant Feeding Guidelines recommend that the texture of foods should be suited to an infant’s developmental stages, moving from pureed to lumpy to normal textures during the 6-12 month period. While it is important to start with smooth purees when introducing solid foods, pureed food is only needed for a short time (a few weeks) before moving on to lumpy and then normal textures over the 6-12 month period. Learning to chew is an important skill which also helps with baby’s speech development.

Yoghurts in pouches targeted at older children can have up to 3-4 teaspoons of sugar in a single serve. But it isn’t just how much sugar is in the tube – it is the way it is delivered. The squeezy pouch allows the child to suck on the product over a longer time period extending the time sugar is in contact with teeth which means a longer ‘acid attack’ as the bacteria on our teeth convert food sugars to acid. Over time this can break down the enamel on teeth leading to holes.

## Tips for families

- Encourage families to prepare home cooked foods most of the time, it’s often cheaper and parents can control the ingredients.
- Focus on the child’s healthy development – the need to experience different food textures, learning to chew (and developing skills for talking), not overfeeding and preventing tooth decay.
- If using food products in pouches encourage parents to choose varieties without added sugar and squeeze the food into a bowl to spoon feed baby.
- Share ideas for first foods with families. Visuals may help to show how much and different textures.

## For more information:

- Raising Children Network is an Australian parenting website with comprehensive, practical and evidence based information, including nutrition for babies. Visit [raisingchildren.net.au/nutrition/babies\\_nutrition.html](http://raisingchildren.net.au/nutrition/babies_nutrition.html).
- Better Health Channel is a Victorian government website providing expert health and wellbeing information. For great advice about introducing solids and what to expect visit [www.betterhealth.vic.gov.au/health/healthyliving/eating-tips-for-babies](http://www.betterhealth.vic.gov.au/health/healthyliving/eating-tips-for-babies).
- Eat for Health is a one stop shop for Australian healthy eating guidelines and resources for professionals and the public. Visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au).



## Spotlight on: Oral Health Profiles

Dental Health Services Victoria in partnership with the Victorian Department of Health has developed oral health profiles to support planning for better oral health outcomes at a local level. Each profile includes:

- Tooth decay data
- Information on preventable hospital admissions due to dental conditions
- Self-rated dental health data
- Dental visiting information
- Data on risk factors such as smoking rates, alcohol consumption, diet and sweet drink consumption.



You can check out your community's profile by visiting [www.dhsv.org.au/oral-health-programs/LGA-oral-health-profiles#lga](http://www.dhsv.org.au/oral-health-programs/LGA-oral-health-profiles#lga)

## get in touch

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

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Wishing you all the very best for the festive season and looking forward to working with you in 2017  
from the Healthy Families, Healthy Smiles team

