



School Health Nurse Leah It's... Dental Health Week!

Dental Health Week is run by the Australian Dental Association (ADA). This year's catch phrase is 'Keep your smile 😊 for life'. Evidence shows that **Australians need to take better care of our teeth, gums and whole mouth** to keep our healthy smiles for life!

Here are some Australian statistics from the ADA:

- ❖ 1 in 5 adults do not brush twice daily
- ❖ 68% of Adults usually visit the dentist for a problem with only 27% adults attending regularly for a check-up
- ❖ Only 1 in 4 adults floss or clean between their teeth at least once daily

Did you know?

It takes 2-3 minutes to brush your teeth properly, but most people only spend 30 seconds or less

The Australian Government also reports:

- ❖ 1 in 4 children (aged 5 to 10) have untreated decay in their baby teeth

How can we help our children keep their smiles for life?

- ❖ Brushing teeth twice a day and avoiding sugary foods and drinks
- ❖ Taking your child to the dentist for check-ups every 6-12 months
- ❖ Teach your child to regularly floss any teeth that touch each other
- ❖ Remember - children need your help and supervision with cleaning teeth until about eight years of age (even after that it's important to check how they're doing occasionally)
- ❖ Remembering that children learn by watching and copying the adults in their life. Setting a positive example with your own dental health practices (even in front of infants and toddlers) is an important part of teaching your child how to keep their smiles healthy for life – and that way you can also keep your smile healthy 😊

<https://raisingchildren.net.au/school-age/health-daily-care/dental-care/dental-care>

Keep your **smile** for life

By following 4 key steps:

- 1 Brush twice per day and use a fluoride toothpaste
- 2 See your dentist regularly
- 3 Clean between your teeth daily
- 4 Consume less than 6 teaspoons (24 grams) of added sugar per day

ORAL HEALTH SERVICES TASMANIA

FREE dental care

Oral Health Services welcomes **ALL** children from babies up to 18 years of age for **FREE** dental care

Oral Health Services Tasmania will:

- BULK BILL Medicare when parents present their Medicare card
- Provide almost all dental care for **FREE***

*Some dental care may attract a small fee and be subject to eligibility conditions

Don't forget to bring your Medicare card

Call 1300 011 013

To make a dental appointment at your local Oral Health Services Tasmania dental clinic

Oral Health Services Tasmania

TASMANIAN HEALTH SERVICE

Tasmanian Government

Keep your **smile** for life

ADA
AUSTRALIAN DENTAL ASSOCIATION

#dentalhealthweek
2- 8 August