



Smiles 4 Miles Newsletter

ISSUE 7

DECEMBER 2008

In Season Now - at their best and cheapest.

Fruit:

- Banana
- Cherries
- Grapefruit
- Honeydew
- Lemon
- Orange
- Raspberries
- Strawberries

Vegetables:

- Artichoke
- Asparagus
- Bean Shoots
- Beetroot
- Broccoli
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Cucumber
- Leek
- Lettuce
- Mushrooms
- Peas
- Rhubarb
- Spinach
- Spring Onion
- Zucchini



Remember to visit the Defenders of the Tooth Adventure Playground @:

www.dhsv.org.au/defenders



Wishing you all a very Merry Christmas

Looking forward to working with you in 2009.

Your new Smiles 4 Miles Coordinator

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Early 2009 Diary Dates:

- Delkaia Best Start Family Day Date TBA—Contact Nola Illin 5381 9351
- 2nd or 3rd Feb - School Term starts for Students (check for local dates)
- 12th March - Ride 2 School Day (www.bv.com.au)

Benefits of water fluoridation & drinking tap water

Dental decay affects the community in many ways including pain, suffering and cost. Fluoride is helpful because it:

- Helps protect against tooth decay in children and adults
- Repairs weak spots that could become cavities on the surface of the tooth
- Reduces the amount of money people need to spend on dental treatment
- Saves the community time and money (time away from work and school)
- Reduces discomfort and pain caused by tooth decay.

(Source: www.betterhealth.vic.gov.au)

Dardee Boorai

The Victorian Charter of Safety and Wellbeing for Aboriginal Children and Young People is a joint Government and Aboriginal community initiative to improve the safety, health, development, learning and wellbeing of Aboriginal children and young people.

The Charter commits to 12 principles designed to give Aboriginal children and young people every opportunity to achieve their full potential in life and identify areas where Victoria needs to do better.

Further information: www.education.vic.gov.au/aboriginalcharter



Smiles 4 Miles is an initiative of Dental Health Services Victoria, working in partnership with Wimmera PCP to improve the oral health of the youngest children in our community.



Useful Websites

Kidspot - www.kidspot.com.au

Go for your life - www.goforyourlife.vic.gov.au

Dental Health Services Victoria - www.dhsv.org.au

Vic Health - www.vichealth.vic.gov.au

Kids Health & Fitness - www.kidshealthandfitness.org.au

Healthy Lunch Boxes for children

Healthy lunches and snacks are important for active children and help with concentration and learning. Healthy eating changes are not always easy to make. Try to set a good example with your lunches. Encourage children to be involved in their own lunch preparation, and their choices about foods to include. Praise your child when they choose well. There are endless food choices available for lunchboxes. It can sometimes be difficult to decide which foods are healthy choices.

Things to put in a lunch box

- Fresh fruit
- Crunchy vegetables
- A meat or protein food - slice of lean meat, hard boiled egg or peanut butter
- A dairy food - cheese stick or slice, grated cheese, milk or yoghurt - Starchy food - bread, roll, pita or flat bread, fruit bread or crackers
- A frozen drink (water or milk), ice pack or freezer

Best Choices

Fresh or tinned fruit (natural juice);

Try vegetable sticks with dips or a small container with mixed vegetables such as cherry tomatoes, carrot sticks, peas or cucumber.

Include a small drink of plain milk (freeze overnight) wrapped in a cloth. Fruit yoghurts should be kept cool in an insulated lunchbox.

Pre-packaged or your own 'home made' version of cheese and crackers. Children enjoy mini packaged cheeses.

Remember to include variety in bread and fillings. Also try foccacias, scones, pikelets, muffins, crumpets, crispbreads, rice cakes or corn thins. Fillings could also include vegemite, cheese, tuna, egg, sliced cold meats, baked beans, grated carrot and lettuce.

Best left out

Dried fruit is sticky and high in sugar, so eat occasionally, dried fruit bars and 'straps' are very high in sugar, low in fibre and stick to children's teeth causing tooth decay. Chips and packets of crisps are best left for parties and special occasions. Dairy desserts and flavoured milks are high in sugar.

(Source: DHS fact sheet prepared by the Nutrition Department of the Royal Children's Hospital, Melbourne)

What is ECOHP - Early Childhood Oral Health Program?

The ECOHP program is a statewide program to prevent oral disease and provide access to public dental services to all pre school age children from 0-6 years. Locally developed programs will target children at greatest risk of oral disease.

What services are available?

- General oral healthcare - examinations and treatment provided by dental professionals.
- Priority service for children 0-6 years.
- Children with higher needs are eligible for care every twelve months.

What does it cost?

The service is free if you hold a valid pensioner concession card or health care card or if your child is under a guardianship order.

Non cardholders pay a fee of \$27.50 per child, per course of care (examination and general treatment). Non cardholders are ineligible for children's specialist services, including General Anaesthesia, at the Royal Dental Hospital of Melbourne.

How can you access care?

Contact your nearest Early Childhood Oral Health Program, as listed below.

When you make an appointment please let the staff know the age of your child.

- **Edenhope & District Memorial Hospital - 5585 9800**
- **West Wimmera Health Service (Nhill) - 5391 4266**
- **Wimmera Health Care Group (Dimboola) - 5363 7138**
- **Wimmera Health Care Group (Horsham) - 5381 9248**