

## Smile Squad free school dental program



## Have regular dental checks

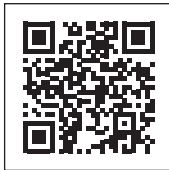
Smile Squad is the Victorian Government free school dental program. It offers free dental care to all Victorian government primary and secondary school students.

We want all students to get the most out of school.

Tooth decay can get in the way of learning. It can be painful and affect sleep and concentration.

Smile Squad is here to help children and young adults keep their mouth healthy and decay-free.

Here are some of our top tips for keeping school-aged smiles healthy. You can find more information about caring for teeth at [www.dhsv.org.au/oral-health-advice](http://www.dhsv.org.au/oral-health-advice)



Oral health is essential to overall health and wellbeing.

Regular professional dental check-ups are important throughout life. They help spot and treat any problems early.

Sign your child up for free dental care when Smile Squad visits your school or book a Smile Squad appointment at your local community dental clinic using the DHSV clinic finder:

[www.dhsv.org.au/clinics](http://www.dhsv.org.au/clinics)

### Want to know more?

Visit [www.health.vic.gov.au/smile-squad](http://www.health.vic.gov.au/smile-squad)



# Eat well Drink well Clean well





## Eat well

A healthy diet for growing bodies and minds is the best choice for teeth. Eat a wide variety of nutritious foods every day, including:

- fruit and vegetables
- grains and cereals like rice and bread
- dairy products like milk, cheese and yoghurt, or non-dairy alternatives with added calcium
- eggs
- meat and fish.

Food manufacturers hide sugars in many of the snacks marketed to children. Compare packets to choose products with less sugar.



## Drink well

Fluoridated tap water is the best drink for oral health.

Fill up a reusable water bottle with water at school.



## Clean well

Toothbrushing cleans away the bacteria that causes tooth decay. Fluoride toothpaste helps to repair the tooth surface and keeps teeth strong.

Children will need help to brush their teeth until they are eight years old.

### How to brush

#### STEP 1



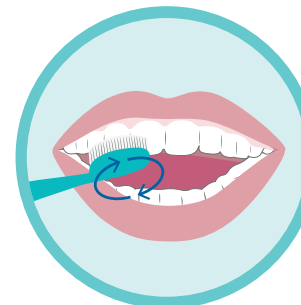
Brush in the morning and at night before going to bed.

#### STEP 2



Use a pea-sized amount of fluoride toothpaste on a soft toothbrush.

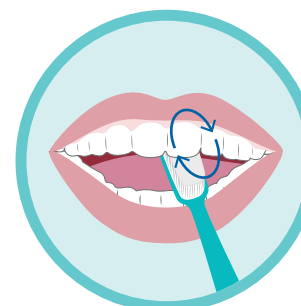
#### STEP 3



Brush teeth and along the gum moving in gentle circles.

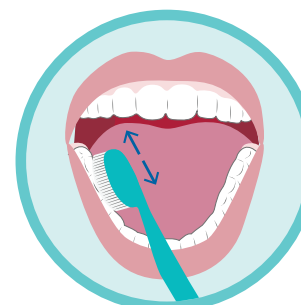
Start with the outside surfaces.

#### STEP 4



Repeat on the inside surfaces.

#### STEP 5



Use a light back and forth motion on the chewing surfaces.

After brushing, spit out toothpaste, but don't rinse with water.

**Be sure to brush all surfaces: top and bottom, left and right, front and back.**