Aim of Happy Teeth

What is Happy Teeth?

Happy Teeth aims to reduce tooth decay in 0–5 year olds by increasing knowledge and practice of correct oral hygiene procedures – specifically toothbrushing – and by developing healthy eating habits. The program focuses on assisting early childhood educators and carers to encourage young children as they establish good dental and nutrition habits from an early age, thus maintaining the health of their teeth and gums for life.

Happy Teeth consists of a set of resources for children and guidelines for educators and parents and carers. It is designed to be integrated into your facility by staff and reinforced within the home by parents/carers. The program uses role modelling and social learning theories together with early childhood education principles. You are encouraged to work together with parents/carers to develop ways of putting Happy Teeth into practice in your facility. See pages 11 and 12 for ideas on parent/carer involvement.

What’s in the kit?

The Happy Teeth kit contains the following resources for the children, the facility and the home:

- Happy Teeth resource guide manual:
  - Songs, rhymes and activities
  - Educator fact sheets
  - Toothbrushing calendar
  - Dentist coat pattern
  - Toothbrush bag pattern
  - Newsletter items for parents/carers
  - Parent pamphlets including:
    - Brushing your toddler’s teeth
    - Your child’s first dental visit
    - Thumbsucking and dummies
    - Preventing infant tooth decay
    - Teething
    - Drinks for babies and toddlers
    - Tooth-friendly foods and tooth enemies
    - Keeping teeth and gums healthy during pregnancy

- Happy Teeth songs CD
- Healthy Teeth for Life DVD
- Happy Teeth posters including the following series:
  - Smiles
  - Dental visits
  - Healthy eating
  - Healthy child care
  - Sugar in bottles
- Wash–eat–brush lunchbox stickers
- Peel-off toothbrushing mirror sticker for the home.

The kit contains a set of all the resources and activities for the program, except for the puppet, which can be ordered separately. The program advises how you may use the resources as part of the everyday functions of your facility. Together with parents/carers, you can make sure all the teeth in your facility are ‘Happy Teeth’. Additional resources can be ordered as required by visiting www.bookshop.qld.gov.au