Getting started!

Happy Teeth is fun and simple to use. This kit contains all the information you need to get started but to make things even easier, we have divided this manual into the sections below.

- **Promoting healthy teeth**

  We know that the children in your facility range in age. Naturally, children will have different needs and learning styles depending on their developmental stage. For this reason, Happy Teeth is broken down into easy-to-follow units which outline aims, objectives, strategies and case studies for the following four age groups:
  - 0-2 year olds
  - 2-3 year olds
  - 3-4 year olds
  - 4-5 year olds

- **Nutrition and oral health policies**

  One of the best ways to support permanent behaviour change is through nutrition and oral health policies. Having these policies will also help you meet your accreditation and licensing requirements. This section provides tips on developing and implementing these policies. It also shows examples of how other facilities put their policies into practise.

- **Toothbrushing program**

  We probably don’t need to tell you how important toothbrushing is. Instead, we will just tell you all the things you need to know in order to get a toothbrushing program started in your facility.
Resource sections

- **Songs, rhymes and activities**
  We know you probably already have a collection of songs, rhymes and activities but we thought we would give you a couple more.

- **Educator resources**
  This section contains a number of resources to help you as you address oral hygiene in your facility. The fact sheets allow you to quickly familiarise yourself with important oral health terms and issues. Convinced you want to start toothbrushing but overwhelmed at the thought of potential mess? This section includes a handy toothbrush bag pattern to help you keep toothbrushes and toothpaste stored away neatly. The Happy Teeth toothbrushing calendar gives parents/carers and educators the opportunity to chart and reinforce regular toothbrushing. This section also contains blackline masters for all the Happy Teeth crew as well as a pattern for the dentist coat - if children really want to dress up!

- **Newsletter items**
  This section contains Happy Teeth newsletter items for parents/carers. Sending information home has never been so easy!

- **Parent/Carer pamphlets**
  Again, most of the hard work has already been done, all you need to do is photocopy the parent/carer pamphlets and send them home. This section makes giving information to parents a breeze.

- **Additional resources**
  This section shows you how you can order the Happy Teeth kit and its additional components. It also lists a number of other resources that can be used as you promote health and wellbeing in your facility.

Now that you know what’s in the kit and how to use it, it is time to get started!