

Te Hā o Aoraki

The Breath of Aoraki

South Canterbury Toothbrushing Programme



Manual for Kaiako

Te Hā o Aoraki contacts:

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ACKNOWLEDGEMENTS

This resource was adapted from the NMDHB toothbrushing programme manual.

Special thanks to He Manu Hou for providing the photos of tamariki.

About Te Hā o Aoraki

In 2020, He Manu Hou and Arowhenua Māori School were part of the pilot for Te Hā o Aoraki. The pilot programme was based on the NHS Scotland toothbrushing programme¹ and was piloted to determine how it would work in South Canterbury education settings. Based on the successful evaluation of the pilot², the programme is expanding to ECE and junior classes in primary schools, using an equity approach that takes into consideration the settings' profile including equity index for ECE, decile rating for schools, transient population, isolation, and the proportion of Māori and Pacific students.

The project came about because of the recognition that:

- Toothbrushing programmes have been shown to be effective in improving dental health in young children³.
- Water supplies in South Canterbury are not fluoridated and tamariki experience high rates of dental decay. The burden of decay is suffered more frequently among tamariki Māori⁴.

Overall goal:

- Improved oraka niho - oral health outcomes
- Tamariki experience fewer dental caries (reduced evidence of plaque).

Aim of the programme:

- To establish good paraihe niho - toothbrushing habits among tamariki.

¹ www.child-smile.org.uk/professionals/childsmile-core/toothbrushing-programme-national-standards.aspx

² Community and Public Health, 2021. Through the eyes of kaiako, tamariki and whānau.

Evaluating the Toothbrushing Programme Pilot – Te Hā o Aoraki – at Arowhenua Māori School: a report of survey findings.

www.wavesouthcanterbury.co.nz/media/4895/toothbrushingpilot2020arowhenuasurveyreportfinal2021.pdf

³ Macpherson LM, Anopa Y, Conway DI, McMahon AD. National supervised toothbrushing program and dental decay in Scotland. Journal of dental research. 2013 Feb;92(2):109-13.

⁴ www.health.govt.nz/nz-health-statistics/health-statistics-and-data-sets/oral-health-data-and-stats/age-5-and-year-8-oral-health-data-community-oral-health-service (Accessed April 2021)

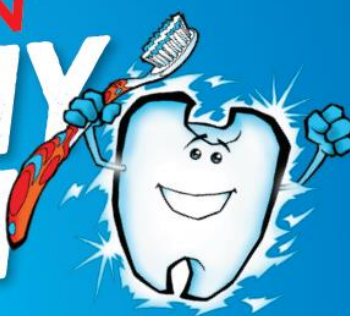
Baby teeth are important!

Niho kai waiū – baby teeth are important for:

- **Chewing** a wide variety of foods
- Learning to vocalise and **speaking**
- General wellbeing, self-esteem and socialising with others
- Essential for the development, eruption and guiding adult teeth into the correct position
- Good overall hauora – health.



**BRUSH UP ON
HEALTHY
TEETH**



Brush your teeth in the **morning** and at **night**.
Choose a **fluoride toothpaste** for your whānau.

0-6 year olds only need
a smear of toothpaste
on their brush



6 years and older
need a pea sized
amount



Did you know?

- Niho kai waiū are called - deciduous teeth
- Adult niho are called – permanent teeth
- Deciduous niho have a much thinner outside layer of enamel compared with permanent niho, therefore any decay progresses quicker
- Deciduous niho remain healthy and strong with regular paraihe niho - brushing using a fluoride toothpaste and eating healthy foods
- Tamariki have up to 20 niho to clean by the time they are 3 years old
- Tooth decay is one of the most common diseases for tamariki in South Canterbury, yet it is preventable.



The benefits of toothbrushing programmes in Education:

- Tooth-brushing at ECE/school helps support and promote consistent niho messages and practices at kāinga - home
- Tamariki learn basic hygiene principles, develop independence and value a happy, healthy smile
- The importance of brushing with fluoride toothpaste and not rinsing teeth after brushing is understood
- Encouraging tamariki to brush regularly helps to keep their niho healthy for life.



Getting Started!

Te Hā o Aoraki will provide (supplied by Community & Public Health and SCDHB):

- Toothbrush racks
- Toothbrushes for tamariki
- Fluoride toothpaste
- Regular communication, ongoing support and advice will be available from the Oral Health Promoter and WAVE facilitator to support the sustainability of the programme
- Up-to-date and consistent messages provided throughout the haerenga – journey, including updating relevant information and what is available from the WAVE website ‘links and downloads’ of the Oraka Niho - oral health section.

WAVE will provide:

- Kaiako hui and manual for kaiako
- Whānau letter with opt-out option
- Prevention and Control of Infection sheet
- Risk management processes identified
- Ongoing information and resources
- Kaiako survey to complete 8-10 weeks after starting the daily toothbrushing programme.

What you will need at your ECE/school:

- A kaiako responsible for supervising daily paraihe niho - toothbrushing
- A suitable place for tamariki to brush their niho every day
- A suitable place to clean the racks, rinse ngā paraihe niho – toothbrushes, and a place for both to air dry before storing.
- A designated place to store paraihe niho, toothpaste, and equipment needed
- Rubbish containers and bags
- Optional: Paper towels, rubber gloves, permanent marker pens, mirrors



He Aratohu mō te Paraihe Niho - Toothbrushing Guidelines:

Encourage tamariki to **brush all niho surfaces** by gently moving the paraihe niho around:

- Outside surfaces
- Top (chewing) surfaces
- Inside surfaces (by the tongue and top of the palate)



Use a **dry brushing technique**; brush niho without using water as this will allow the fluoride in the toothpaste to remain on niho longer.

Tamariki over 3 years:

Supervise tamariki in all stages of the toothbrushing sessions, encouraging hygiene practices and personal independence skills.

- Kaiako clean/sanitise their hands thoroughly at the beginning of each toothbrushing session
- Kaiako distribute individual toothbrushes with the toothpaste on it to tamariki
- Kaiako actively supervise paraihe niho
- Once brushing is completed, kaiako assist tamariki to rinse toothpaste off their own toothbrush under the tap, then kaiako return the toothbrush to the rack in its correct slot
- Kaiako and tamariki clean/sanitise their hands thoroughly once finished the process.

Tamariki under 3 years:

Encourage tamariki to hold the paraihe niho and move it around inside their mouth, covering all niho surfaces.

The most important feature of the toothbrushing programme for under 3's is having another opportunity to use fluoride toothpaste.

Tamariki aged 5 years and under should use a **smear** of fluoride toothpaste



Tamariki over 6 years of age should use a **pea-size** of fluoride toothpaste

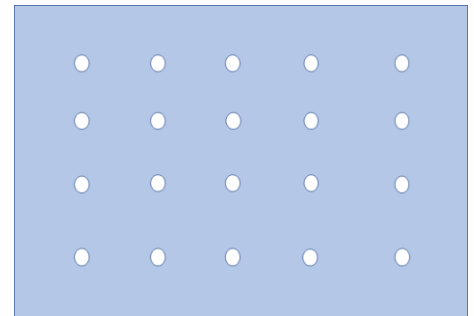


Why fluoride toothpaste? Fluoride is a mineral that helps protect teeth by making them stronger and by reducing tooth decay. It exists naturally in air, soil, fresh water, sea water, plants and in lots of food.

Any brand of toothpaste that contains the correct fluoride strength is suitable. The Ministry of Health recommends using a fluoride toothpaste of at least 1000 parts per million (ppm) of fluoride (this is equivalent to 0.221% sodium fluoride or 0.76% sodium monofluorophosphate).

Suggested toothpaste guidelines:

Apply toothpaste onto dishwasher-safe tray/plate or paper plate with enough space between to be picked up without touching other pastes (*see image for example*)



- Brush teeth without rinsing the toothbrush under water to ensure fluoride in the toothpaste does not wash away
- After brushing, carefully spit excess toothpaste into the sink or spits/wipes mouth with a paper towel, and **do not** rinse mouth with water
- Avoid swallowing toothpaste (just spit out excess toothpaste). Please note, the 0-5 age group only gets a smear of toothpaste, which does not create a lot of excess foam or toothpaste, and it will take time for young tamariki to learn to spit out the toothpaste.
- Once finished brushing teeth, tamariki wash their own toothbrush thoroughly under cold running water
- Kaiako places toothbrush back into the rack in its numbered slot.

Managing and Storing Toothbrushes:

Toothbrush storage needs to ensure:

- There is at least a 2.5cm gap between toothbrushes to ensure they do not touch each other
- Toothbrushing racks are an effective storage system as they hold a large number of toothbrushes
- Ensure toothbrushes and rack are thoroughly air dried before returning to plastic storage box
- Protect from dust by covering with a clean, dry lid or store covered in a clean, dry cupboard
- Ensure toothbrush racks are stored away from tamariki and general learning areas
- Ensure all toothbrushes and racks are individually numbered or named





Prevention and Control of Infection:

All precautions are taken to ensure handling, distribution and hygienic storage of toothbrushes is maintained.

All toothbrushes are stored in an appropriate rack, with at least 2.5cm between each toothbrush.

All toothbrushes are individually named (numbered) and placed in individually named (numbered) slots.

Kaiako wash or sanitise hands thoroughly at the beginning and end of every toothbrushing session and as often as necessary during sessions.

- If kaiako have any cuts/abrasions on their hands these should be covered with a waterproof dressing or disposable gloves worn
- Kaiako remove toothbrushes from racks, one at a time, taking care that each toothbrush does not touch any other toothbrush
- Kaiako dispense a smear or a pea size amount of toothpaste onto a tray/plate, spacing out to ensure toothbrushes do not touch any other toothpastes when picking up the toothpaste
- Tamariki are actively supervised during toothbrushing sessions
- Tamariki carefully spit into the allocated sink or a paper towel when finished brushing
- Kaiako supervise tamariki to rinse toothpaste off their own toothbrush under the tap. Kaiako then places it back into its own numbered slot in the rack, taking care each toothbrush does not touch other toothbrushes.
- Tamariki place paper towels into a lined rubbish bin
- At the end of the session the lined rubbish bin containing used paper towels is secured and discarded
- The toothbrushes are left to air dry thoroughly before the racks are placed back into the storage container or in a clean, dry cupboard
- Toothbrush racks and trays are cleaned and dried as necessary and at least once a week. While racks are being cleaned, toothbrushes are placed on a large, clean tray or paper towels and spaced at least 2.5cm apart. Replace toothbrushes back into clean racks, and into their correct numbered slot. Wash or sanitise hands thoroughly at the beginning and end of cleaning racks.
- Clean sink/bench area after each toothbrushing session and after each time racks are cleaned. Plate/tray where toothpaste is placed is washed after each toothbrushing session.
- Replace toothbrushes every second term (6 months), or sooner as necessary; for example, if dropped on the floor and get contaminated with soil or toothbrush bristles are frayed.

Date: review annually

Toothbrushing Record Sheet

Having a record sheet is important to help monitor tamariki who are participating and to record the number of toothbrushing sessions. A sample monthly toothbrushing record sheet is available in the appendix.

May 2021									
Brush No.	Ingoa / Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Etc.
1									
2									
3									
4									

Oraka Niho - Oral Health messages

You can share these oraka niho messages with whanau:

- Baby teeth are important; they help tamariki to chew and speak, and also hold the space for the adult teeth. Baby teeth are vulnerable to tooth decay as they have a much thinner outside layer of enamel than permanent teeth
- Start brushing teeth as soon as the first tooth appears
- Brush teeth in the morning and at night. Brushing before bed in the evening is the most important.
- Use a soft toothbrush and a smear (ages 0-5) or pea size (6 years +) amount of standard adult strength fluoride toothpaste
- Use toothpaste that has at least 1000 ppm of fluoride for the whole whānau. The water in South Canterbury is not fluoridated.
- Brush all surfaces of the teeth. Brush along the chewing surfaces, use a circular motion on the outside and inside of teeth, also gently brush gums and the tongue
- The best practice for brushing is without water, called 'dry brushing' so the fluoride stays on the teeth for as long as possible. Only use water to rinse your toothbrush when finished.
- After brushing, spit out excess toothpaste, there's no need to rinse
- Supervise toothbrushing with your tamariki until they develop the dexterity to thoroughly brush all tooth surfaces themselves, at about 7 years of age
- Water and plain-milk are the best drinks



- High sugar foods and drinks feed bacteria which can cause tooth decay. Bacteria in the mouth break down the sugar and form acid which attacks tooth enamel. Of greatest concern are sweet drinks including fruit juice and 'fizzy' drinks as well as sugary, sticky snacks.
- Avoiding packaged and processed foods is a good way to avoid unhealthy snacks. Keep snacks between meals sugar free.
- The whole whānau oral hygiene is important for preventing tooth decay for everyone
- 'Lift the lip' regularly and check each tooth for any signs of tooth decay
- Ensure tamariki are enrolled with the Community Dental Service and have a dental check-up every year.
The first dental check-up is at age 2, but tamariki can be seen earlier if there are concerns.

To enrol tamariki with the Community Dental Service, or to book an appointment, or update contact details, please call **0800 TINY TEETH (846 983)** or email commdental@cdhb.health.nz

5

TIPS TO KEEP YOU
SMILING



Brush teeth with fluoride toothpaste for 2 minutes, 2x a day



Spit, don't rinse after brushing



Drink water and milk



Eat snacks with no added sugar



Have a dental check-up every year

Tips for making Toothbrushing FUN

- **Keep toothbrushing sessions FUN and POSITIVE**
 - Get them laughing so they open their mouth. "Open your mouth and let's count how many teeth you have". "Can you ROAR like a lion?"
 - Let's brush the 'sugar bugs' away." "Look there's a piece of carrot there – let's brush it off!" "Let's tickle each tooth!"
 - Use toothbrushing charts
 - Brush together as a whānau or with friends (positive role modelling)
- **SING toothbrushing songs** – or sing anything!
 - "This is the way we brush our teeth, brush our teeth, brush our teeth...two times a day". OR "The toothbrush in the mouth goes round and round, round and round, round and round....two times a day". See waiata below.
 - Look up Elmo toothbrushing song on YouTube (or other toothbrushing songs)
 - Can use a toothbrushing app (e.g. Macleans Nurdle Time)
- **Brush while distracted** -E.g. while reading, playing with a toy, while talking/singing to them, or watching a video.
- **Get tamariki interested in teeth** - Learn about teeth (e.g. about all the different types of teeth that different animals have), draw or make teeth using an egg carton. Practice brushing their doll/stuffed animals teeth. Read a story about toothbrushing or going to the dentist.
- **Use less minty fluoride toothpastes** – If you think taste may be an issue, use less minty/spicy toothpastes, such as: Colgate SMILES baby, Peppa Pig, MacLean's Little/Big teeth toothpastes

Paraihe Niho Waiata (To the tune of: "Frère Jacques")

Paraihe niho (Brush your teeth)

Paraihe niho (Brush your teeth)



Ia ra (Everyday)

Ia ra (Everyday)



Paraihe i te ata (Brush in the morning)

Paraihe i te po (Brush in the evening)



Mene mene mai (Keep me smiling)

Mene mene mai (Keep me smiling)

Useful Websites:

- **WAVE** – visit the ‘Health Priority Area’ Oraka Niho, and ‘Links & Downloads’ tabs for more information and resources on Oral Health and Nutrition – www.wavesouthcanterbury.co.nz
- **Community Dental Service** – www.cdhb.health.nz/cd
This website includes **Menemene Mai** – an Early Childhood Oral Health Kit for kaiako to use. It has activity sheets, strategies, information about tools, key messages, brochures and posters to assist you in your inquiry process.
www.cdhb.health.nz/menemenemai
- Ministry of Health – www.health.govt.nz/your-health/healthy-living/teeth-and-gums
- Healthy Kids food ideas and affordable recipes www.healthykids.org.nz
- National Oral Health Day; celebrated in November. Switch to Water for the month of November – www.nzda.org.nz/public/switch-to-water
- NZ Dental Association – www.nzda.org.nz
- World Oral Health Day; celebrated globally on 20 March www.worldoralhealthday.org
- Fluoride water and fluoride facts www.flouridefacts.govt.nz
- Bright Smiles, Bright Futures resources; Colgate www.colgatebsbf.com.au Free call 0800 556 615

Ngā kupu o te reo Māori - List of te reo Māori terms

Haerenga	Journey
Hauora	Health
He Aratohu	Guidelines
Kāinga	Home
Ngā Paraihe Niho	Toothbrushes
Niho	Teeth
Niho kai waiū	Baby teeth
Oraka Niho	Oral Health
Paraihe Niho	Toothbrush, toothbrushing



Appendix

Sample whānau letter

Te Hā o Aoraki – *The Breath of Aoraki* South Canterbury Toothbrushing Programme Protecting the smiles of our Tamariki



At ...*name of education setting* ... we recognise the importance of oral health of tamariki so we have partnered with South Canterbury DHB, Community and Public Health, Community Dental Service and Arowhenua Whānau Services to start Te Hā o Aoraki (*The Breath of Aoraki*) – South Canterbury Toothbrushing Programme. Toothbrushing programmes in Aotearoa New Zealand and overseas education settings have been shown to make a real positive difference to tamariki oral health.

Locally, the programme has been piloted in He Manu Hou, an Early Childhood Setting, and Arowhenua Māori School and is now being offered to a selection of Early Childhood Centre's and junior classes in Primary Schools in South Canterbury.

As part of Te Hā o Aoraki toothbrushing programme, tamariki will:

- Brush their teeth once a day at *name of education setting* with fluoride toothpaste to help strengthen and protect teeth
- Be supervised when brushing
- Have their own toothbrush which is hygienically stored and cleaned regularly
- Be encouraged to continue to brush twice a day at home with fluoride toothpaste
- Have oral health messages woven into the daily programme at *name of education setting*.

As part of good oral health, we encourage all tamariki to be enrolled with the Community Dental Service that provides FREE dental care from birth till School Year 8. Call 0800 846 983 or email comm dental@cdhb.health.nz to enrol, make an appointment or update contact details.

We plan to start daily toothbrushing on: _____

If you have any questions about Te Hā o Aoraki please kōrero with one of the kaiako.

.....
If for any reason you don't want your tamariki to be involved in this programme, please complete and return this section.

I do not want..... to participate in the Te Hā o Aoraki Toothbrushing Programme unless I advise otherwise.

Parent / Guardian signature: Date.....



South Canterbury
District Health Board



Arowhenua Whānau Services

COMMUNITY
dental service



Te Hā o Aoraki – South Canterbury Toothbrushing Programme



Prevention and Control of Infection:

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- Tamariki are actively supervised during toothbrushing sessions
- Tamariki carefully spit into the allocated sink or a paper towel when finished brushing
- Kaiako supervise tamariki to rinse toothpaste off their own toothbrush under the tap. Kaiako then places it back into its own numbered slot in the rack, taking care each toothbrush does not touch other toothbrushes.
- Tamariki place paper towels into a lined rubbish bin
- At the end of the session the lined rubbish bin containing used paper towels is secured and discarded
- The toothbrushes are left to air dry thoroughly before the racks are placed back into the storage container or in a clean, dry cupboard
- Toothbrush racks and trays are cleaned and dried as necessary and at least once a week. While racks are being cleaned, toothbrushes are placed on a large, clean tray or paper towels and spaced at least 2.5cm apart. Replace toothbrushes back into clean racks, and into their correct numbered slot. Wash or sanitise hands thoroughly at the beginning and end of cleaning racks.
- Clean sink/bench area after each toothbrushing session and after each time racks are cleaned. Plate/tray where toothpaste is placed is washed after each toothbrushing session.
- Replace toothbrushes every second term (6 months), or sooner as necessary; for example, if dropped on the floor and get contaminated with soil or toothbrush bristles are frayed.

Date: July 2020 - Updated May 2021



FAQ – Toothbrushing at He Manu Hou

He Manu Hou is one of the two pilot settings for the evidence-based South Canterbury toothbrushing programme and are continuing toothbrushing at their ECE. Below are some answers to frequently asked questions about toothbrushing programmes at an ECE, from Missy King, head kaiako at He Manu Hou.

1. What does a daily toothbrushing routine look like at He Manu Hou?

Through trial and practice we have developed a *paraihe ngā niho* (toothbrushing) routine, which is working well for us, and is a regular part of our curriculum. He Manu Hou is a mixed aged kaupapa Māori setting, so we had to figure out how this was going to work for *ngā tamariki katoa* (all children). Tamariki are involved in this programme from when their baby teeth break through. Tamariki *paraihe niho* after lunch. Four tamariki sit around a small *tēpu* (table) with stools and mirrors to see what they are doing. Tamariki wait for their turn to brush. This is *Ako* in practice, as our older and younger tamariki are learning and doing together. We have two toothbrushing racks and we wash them once a week, on two alternative days.

2. Tell us about how you involved tamariki and whānau with the toothbrushing programme?

Having a routine and dedicated space for toothbrushing has been key for engaging with the tamariki. We have a small *tēpu* and stools, and little mirrors for the tamariki to look at while brushing. Now that we have a routine the tamariki are keen to brush their *niho* (teeth) and they pack up their *pouaka kai* (lunchbox) when they see the toothbrushing being set up and they remind us about toothbrushing if they're going to be missing it for whatever reason that day. They are also very excited to show us their shiny teeth and smile when they are done.

Whānau have been on board from the beginning. As part of the pilot, we did a whānau hui and provided whānau packs with resources and toothbrushes and paste, and have wall displays about healthy *niho* and *kai*. We've provided ongoing education around oral health and healthy *kai* in the daily programme with tamariki and to whānau. All of this helped support the toothbrushing programme. One whānau member commented, "It's great to see our tamariki supported with the knowledge of 'how' to brush their teeth".

3. Do you have any tips that may help other ECE who are starting the toothbrushing programme?

Find out what works for you as what works in one centre might be different to what works in another centre. Decide when and where is the most suitable time to brush, ideally somewhere close to a tap. Have a dedicated space for toothbrushing. For us having the *tēpu* and stools and mirrors for the tamariki to look at made all the difference. Decide who will lead the programme, have at least two kaiako for this.

The most important thing is to start, and you will figure all this out and how it will best work your centre once you start the toothbrushing.

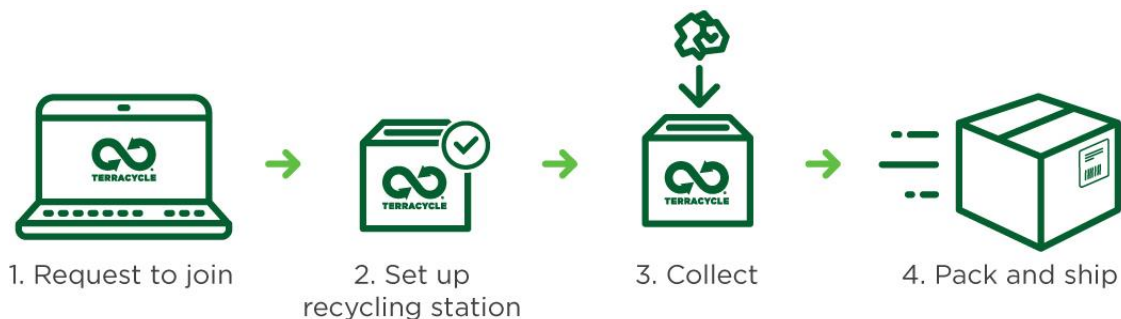
ORAL CARE WASTE RECYCLING

Are you interested in recycling oral care waste products through **TerraCycle**? You can prevent all this waste from going into the landfills and earn points for your (non-profit) ECE/school or organisation.



How it works - Participating is FREE and very easy.

Firstly, login to your TerraCycle account on the website and join the programme. When you are ready to send in a shipment (i.e. have collected at least 5kg of waste), print a shipping label from your TerraCycle account and tape it securely onto your box. Ship the box to TerraCycle by dropping it off at your nearby post office. The oral care waste then gets melted and re-moulded to make new recycled products.



Encourage all your ECE/school whānau and wider community to bring their oral care waste products. This is a great community engagement opportunity as well as recycling.

For more information or to sign up, visit: www.terracycle.com/en-NZ/brigades/oral-care-brigade
(check out their website for other plastic products that can also be recycled through them)

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Oraka niho, Oraka kata – Healthy Teeth, Healthy Smile Chart



Ka paraihe o niho i te ata, whakaotia te pikitia o te rā
When you brush in the morning, colour in the sun



Ka paraihe o niho i te pō, whakaotia te pikitia o te marama
When you brush at night, colour in the moon

Marama (month) –

Ingoa (name) –

Rāhina Monday	Rātu Tuesday	Rāapa Wednesday	Rāpare Thursday	Rāmere Friday	Rāhoroi Saturday	Rātapu Sunday

Paraihetia ō niho ki te pēniho fluoride kia rua ngā wā ia rā Brush twice a day with fluoride toothpaste	E kai i ngā kai timotimo pai mō ngā niho Choose healthy, tooth friendly snacks
Kia rite tonu tā te tākuta poka niho tātari i ō niho Have regular dental check ups	Inumia te wai māori me te miraka Drink water and milk