



Te Hā o Aoraki
The Breath of Aoraki
South Canterbury
Toothbrushing Programme



Te aronga - Purpose

Aim of Te Hā o Aoraki:

- To establish good paraihe niho habits among tamariki.

Overall goal:

- Improved oraka niho outcomes for tamariki
- Tamariki experience fewer dental caries



About Te Hā o Aoraki



- Toothbrushing programmes have been successful overseas and in Aotearoa.
- The 2020 SC pilot was based on the Scottish 'Child Smile' Programme
- Piloted at Arowhenua Māori School and He Manu Hou

What tamariki said... (12 respondents - Junior Survey)

1. How do you feel when it is time to brush your niho at kura?
Please circle one of the faces to show how you feel.



The **best** thing is...*'brushing my teeth with my friends.'*



Pilot evaluation report available on WAVE website www.wavesouthcanterbury.co.nz

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



Prepared by the Information Team
Community & Public Health
Canterbury District Health Board
For Community and Public Health
South Canterbury
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Canterbury
District Health Board
Te Pōari Hauora o Waitaha

Why brush at ECE?

- Niho kai waiū – Baby Teeth matter!
- Healthy niho and puniho (gums) contribute to hauora
- Good oral hygiene habits early on, helps ensure niho (teeth) are healthy for life.
- Supports pairahe niho (tooth brushing) at kāinga.



What is the Toothbrushing Programme?

- Daily – at a time that suits you
- Kaiako supervises

“Tamariki are really keen to paraihe and pack up their pouka kai – lunchbox when they see it being set up” - **kaiako, He Manu Hou**



23:11 12/APR

South Canterbury children embrace toothbrushing programme

Esther Ashby-Coventry 16:08, Jul 21 2021

VALENTINA BELLOMO/STUFF

Cole Russell, 2, brushes his teeth after lunch as part of the He Manu Hou early childhood centre curriculum, on Wednesday.

www.stuff.co.nz/timaru-herald/news/125791505/south-canterbury-children-embrace-toothbrushing-programme



Taputapu paraihe niho - Equipment

Provided:

- Racks
- Paraihe niho – brushes
- Fluoride toothpaste



Whānau Engagement

- Letter template for Whānau - opt out option
- Sample whānau resource pack
- Whānau hui (optional)
- Displays, social media, newsletter, website, conversations etc.



Enrolling with Community Dental Service

- Ensure tamariki are enrolled with the Community Dental Service and have dental check-ups every year.
- First dental check-up at age 2 (can be sooner if there are concerns).
- To enrol, book an appointment, or update contact details, call **0800 TINY TEETH (846 983)** or email commdental@cdhb.health.nz
- **Enrol for Health Services** South Canterbury form - www.scdhb.health.nz/data/assets/pdf_file/0009/204975/Enrol-for-Health-Services-2021.pdf

www.cdhb.health.nz/cd

COMMUNITY
dental service

Enrol for Health Services

Enrol your family for these **FREE** or **SUBSIDISED** health services*

Complete this form by ticking the circles for services that apply to you or your whānau (family) and submit this form with your contact details via the options below.

Alternatively call (03) 687 2307 to do this by phone.



Day-to-day health care

Enrol with a Primary Care Practice

FREE for children 0-12 years

Doctors / General Practitioners (GPs) in South Canterbury provide a range of free health services for children from 0-12 years and subsidised care for adults. When enrolled you have a dedicated team of doctors and nurses looking out for your health.

For more information phone 03 687 2307

Caring for your children

Well Child Tamariki Ora Provider

FREE for 0-4 years old

This is a FREE service that will support you to ensure your child grows and develops to their full potential. Well Child Services are provided by:

Arowhānua Whānau Services, phone 03 615 5180

Plunket, phone 0800 933 922 or 03 688 3520

Vaccinations for children

National Immunisation Register (NIR)

NIR is a computerised information system that records immunisations in New Zealand. NIR allows health professionals to quickly find out what vaccines your child has been given and ensure the right vaccine is given at the right time.

For more information phone the NIR Co-ordinator on 03 687 2317

Your details

Main contact details

Name

Family Details

Name DOB (dd/mm/yyyy)

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Dental health

Community Dental Services – FREE for 0-Year 8

Dental education, preventive and basic treatment. From the age of five months, parents can enrol their children directly or referrals can be made by Well Child Providers or GPs.

For more information phone 0800 846 983

Getting ready for school

B4 School Check – FREE for 4 year olds

The B4 School Check is a FREE health and development check for four year olds. This check helps to find and solve any health, behavioural, social or developmental concerns which could affect a child's abilities at school.

For more information phone 03 687 2319

NEW to New Zealand?

Migrant Support

Aoraki Migrant Centre and Timaru Newcomers Network support and help migrants and new comers by giving advice and help with settling in the South Canterbury region.

For more information phone (03) 687 7371 or 021 0637 7717

Find out more

Visit www.healthinfo.org.nz
[type 'Enrol' in the search box and press search].



You can also use this form to contact any services listed OR:

- Scan/photograph the completed form and email to gpsupport@scdhb.health.nz OR
- Drop the completed form at Timaru Hospital, main reception OR
- Fax this form to (03) 688 0238 OR
- Mail to Primary Health Service, PO Box 911, Timaru

This form may be completed online at www.scdhb.health.nz/enrol

*All preschool children in New Zealand are eligible to receive certain publicly funded health services (including some of the services referred to on this form). However, other health services may depend on immigration status.

The New Family form is co-ordinated by South Canterbury District Health Board.

Note: For translation purposes please visit <https://translate.google.co.nz>

To order more forms please email gpsupport@scdhb.health.nz

☐ I understand the purpose of the form and give my consent for the collection and use of the information I have provided.

Next steps

Decide:

- When and where tamariki can do toothbrushing?
- Where to store racks?
- Who will supervise?
- How will you engage whānau?
- When will you start toothbrushing?

Do an oral health focus as a lead up to the toothbrushing.

Kaiako evaluation survey 8 weeks after starting toothbrushing

Ongoing support available. Any patai/Q's – contact WAVE Facilitator or Hacer hacer.tekinkaya@cdhb.health.nz 03-687-2621



Te Hātepe - Process

- Kaiako places a **smear** (for 0-5 year olds) onto a clean tray/plate with enough spaces between each
- Kaiako picks up numbered/named toothbrush and swipes on the toothpaste (smear)
- Tamariki brush their teeth – paraihe niho
- Wipe/spit excess foam (paper towel)
- Paper towel goes in bin
- Tamariki rinse brush and give back to kaiako
- Kaiako places toothbrush back into rack
- Toothbrushes air dry before rack put away
- Racks cleaned at least once a week

