

Little Taddies acknowledges that we meet on the land of the Noongar people, and we pay our respects to the Elders, past, present and those emerging

# August 2024



# NEWSLETTER

## Notices and Reminders

### CENTRE VACANCIES:

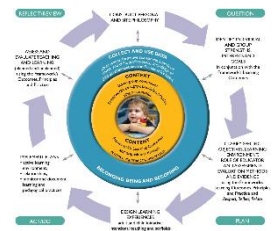
Here are our vacancies for the month of August. (P= Puggles – B = Bilbies – Q= Quokkas)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 5 <sup>th</sup> – 9 <sup>th</sup> August	P – Fully Booked B – 1 Q – 3	P – Fully Booked B – Full Q – 1	P – Fully Booked B – 3 Q – 2	P – Fully Booked B – Full Q – Full	P – 1 B – Fully Booked Q – Full
Week 5 12 <sup>th</sup> – 16 <sup>th</sup> August	P – Fully Booked B- Fully Booked Q- 3	P – Fully Booked B- Fully Booked Q- Fully Booked	P – Fully Booked B- 1 Q- 2	P – Fully Booked B- Fully Booked Q- Fully Booked	P – Fully Booked B- Fully Booked Q- Fully Booked
Week 6 19 <sup>th</sup> – 23 <sup>rd</sup> August	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – 1 Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q - 1
Week 7 26 <sup>th</sup> – 30 <sup>th</sup> August	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked
Week 8 2 <sup>nd</sup> – 6 <sup>th</sup> September	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – 1 Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked	P – Fully Booked B – Fully Booked Q – Fully Booked

Please remember that this is correct at the time of publication, but numbers could change.

### OUR PROGRAMS:

Have you noticed that the programs are up in each of the age groups? Our Educators work very hard to provide developmentally appropriate programs for the children. You see some of these in our daily stories. If you haven't already, please go and have a look at the program in your child's group. If you have any questions, please feel free to speak to Hayley, Kaylee, Hannah or Mel and they will be happy to talk you through it.



### STAFF ANNUAL LEAVE:



I will be on annual leave from Monday 12<sup>th</sup> to Friday 30<sup>th</sup> August, and Hayley will be on annual leave from Wednesday 14<sup>th</sup> August to Friday 30<sup>th</sup> August.

While we are away, Kaylee will be in charge. I am travelling overseas so I will not receive any text messages or phone calls. If you need to make booking changes or additional bookings during this time, please call the centre either on the land line – 97 761 797 or the Centre

Mobile – 0433 625 839.

Please note that the Centre phone is not taken home by the staff, so please call during times the centre is open. You will receive your invoices as normal each week.

## DENTAL HEALTH WEEK:

Dental Health week is from 5<sup>th</sup> – 9<sup>th</sup> August, it is a good time to remember how important it is to teach our children about the importance of dental hygiene.

Did you know that at Little Taddies all children over the age of 2 brush their teeth each day after lunch?

I have added some facts sheets with the Newsletter this month to give you some tips and tricks.



# Djilba

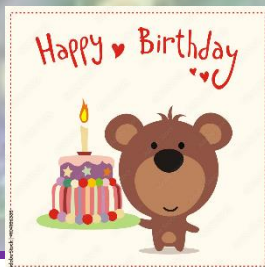
## August - September

**Happy Birthday to all our  
Djilba babies born in  
August:**

**6<sup>th</sup> Julian 2 years**

**8<sup>th</sup> Kolt 2 years**

**18<sup>th</sup> Freya 4 years**



## Dates to Remember

5<sup>th</sup> – 9<sup>th</sup> – Dental Health Week

5<sup>th</sup> - Committee Meeting 5:30pm

6<sup>th</sup> - Team Meeting 5:15pm

12<sup>th</sup> – 30<sup>th</sup> - Maria's Annual Leave

14<sup>th</sup> – 30<sup>th</sup> - Hayley's Annual Leave



# July 2024





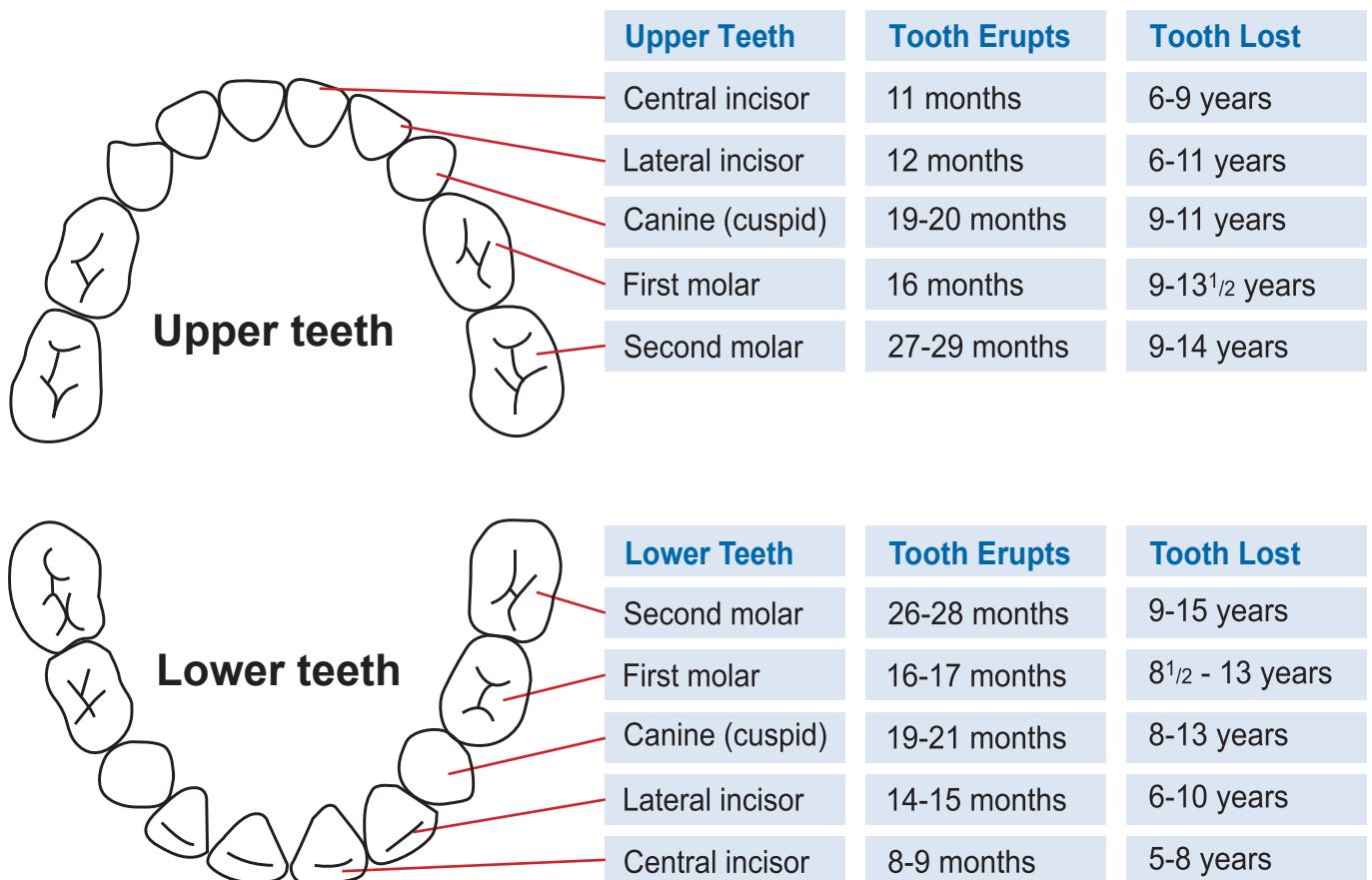
# Eruption dates

## Deciduous (baby) teeth

A baby's first tooth usually erupts (appears) around 6 months of age. However, this can vary for each individual. By around three years of age, a child should have a full set of 20 baby teeth.

Children usually lose all their baby teeth between 6 to 12 years of age. Gradually the teeth become loose in the gum and fall out. The teeth usually fall out in the same order in which they appear.

The diagram below is a general guide to when the baby teeth appear and fall out.



Children need baby teeth to eat, talk clearly, give shape to jaws and face, keep space for permanent (adult) teeth and to smile.

# Eruption dates

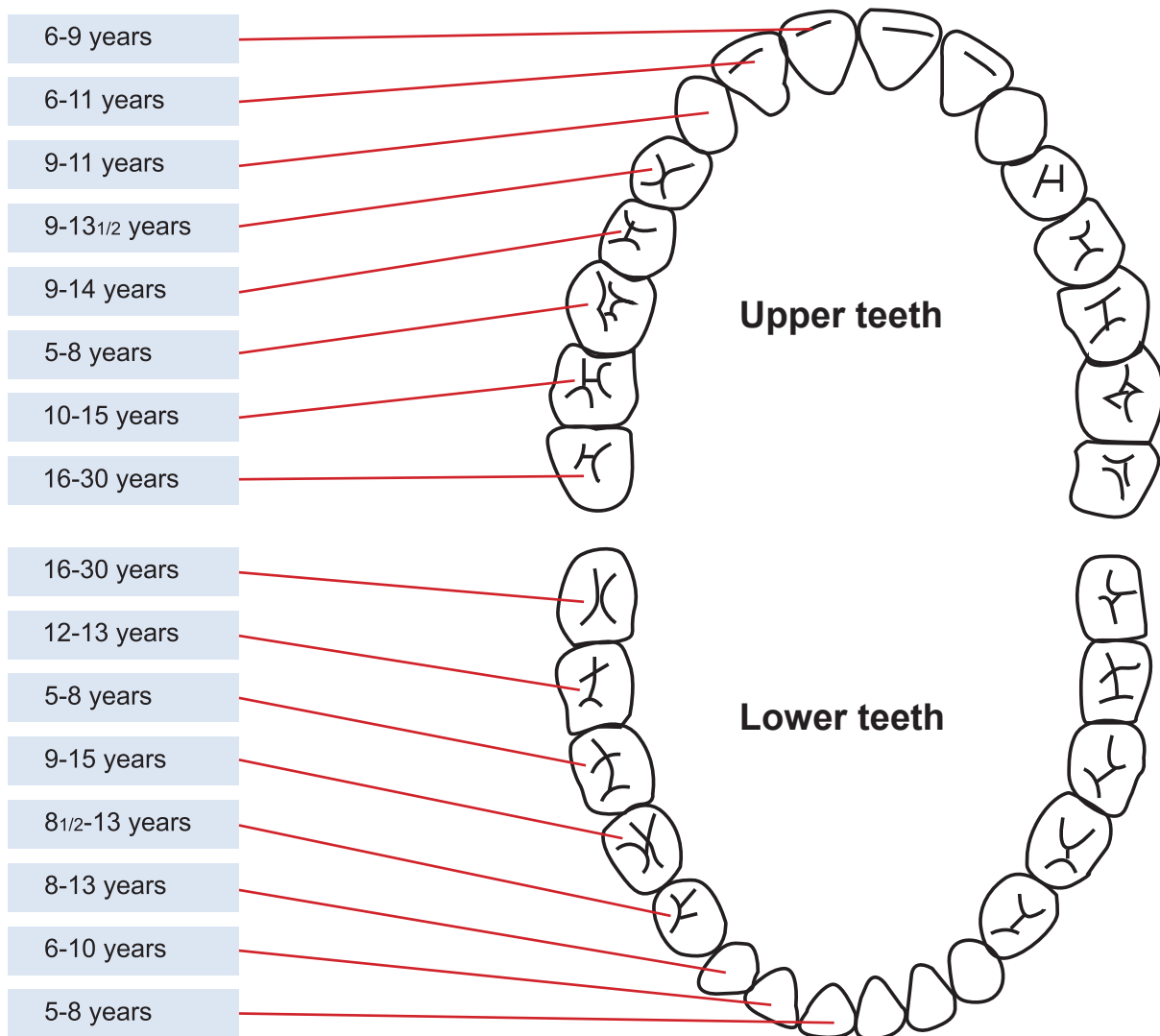
## Permanent (adult) teeth

The first permanent tooth usually appears around 6 years of age, behind the last baby molar. At about the same time, the lower front baby teeth become loose. All baby teeth are usually replaced by 12-14 years of age.

As children grow, so do their mouths and by the time they are adults there is usually space for 32 permanent teeth.

The last permanent teeth to come through the gums are the four large chewing teeth at the very back, one on each side, top and bottom. These teeth are called 'wisdom' teeth because they come through the gums some time between the age of 16 and 30 years. Not everyone has wisdom teeth.

**The diagram below is a general guide to when adult teeth appear and will vary for each individual.**



Source: Diamanti J, Townsend GC. New Standards for Permanent tooth emergence in Australian Children. Aust Den J 2003; 48:(1):39-42

### Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.

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# Begin brushing early

**Good dental health** starts at a young age so make cleaning your child's gums and teeth an everyday habit.

## When to begin?

- Before teeth arrive, wipe baby's gums after feeds using a damp, clean cloth.
- Baby gets used to this and it becomes easier when the time comes to start toothbrushing.

## Under 18 months of age

- When baby has a few teeth, use a small soft toothbrush, **no toothpaste**. Just use water.

## 18 months to 6 years of age

- Use a pea-sized amount of children's low fluoride toothpaste when brushing your child's teeth.

## Over 6 years of age

- Use a small pea-sized amount of adult toothpaste.
- Help or check your child's brushing until they are about 8 years of age.



## How do I brush my child's teeth?

Pick a brightly lit area and a comfortable place that helps you to easily see inside your child's mouth. For example, standing or sitting slightly behind and to the side of your child with their head supported and tilted back a little. This way you have more control and your child will feel safe.



### Step 1 - Outside

Place the tip of the bristles on the gum line. Gently move the brush in small circles over the teeth and gums.



### Step 2 - Inside

Repeat the same brushing method on the inside.



### Step 3 - Chewing Surfaces

Use a light backward and forward motion. Remember plaque is soft so there is no need to scrub.



### Step 4 - Afterwards

**Spit** toothpaste out, **don't swallow or rinse** after brushing.

## Remember:

Brush 'every bit of every tooth' in the morning and always before bed at night. The fluoride in toothpaste protects and strengthens teeth. It helps prevent tooth decay. Make toothbrushing positive by being a role model and having a fun time together. Check for signs of tooth decay. Seek dental practitioner advice if you have any concerns.

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# Drinks and healthy teeth

Having sugary drinks too often, increases the risk of tooth erosion, dental decay and health problems.

## What can go wrong?

### Sugar & dental decay

Plaque acid from too much sugar too often can, over time, lead to dental decay.

### Acid & tooth erosion

Acids in drinks can soften and wear away tooth enamel (top layer of tooth).

## Making healthy choices

It is recommended that we should have less than **25g** (6 teaspoons) of "added" sugar daily.

Nutrition Information		
Serving size 300ml	Per serving	Per 100ml
Energy	18900KJ 450 Cal	630 KJ 150 Cal
Calcium	57.6 ml	19.2 ml
<b>Sugars</b>	<b>24.0 ml</b>	<b>8.0 ml</b>

- Read Nutritional Information label.
- Compare the amount of sugar in the per serving column.

**1 teaspoon = 4 g**

Best Choice (g/100ml)	Choose Carefully (g/100ml)	Poor Choice (g/100ml)
<b>Less than 4ml</b>	<b>4-16ml</b>	<b>More than 16ml</b>



### Tap water ✓

Tap water is best. It is sugar free, non-acidic, and has fluoride, which helps strengthen and protect teeth.



### Milk ✓

Plain milk is best. It has natural sugar, is non-acidic, and a good source of calcium and other important minerals.



### Fruit juices

Fruit juices contain natural sugar, are often acidic and put teeth at risk of erosion and dental decay. Preferably eat whole fruit for the fibre.



### Soft drinks, sports and energy drinks

Are acidic, high in sugar and increase the risk of dental decay and tooth erosion. Diet drinks have no sugar but are still acidic.

## Tips to keep a healthy smile

- Drink tap water or plain milk.
- Limit sugary foods and drinks. It's best to have them with a meal.
- To help prevent tooth erosion use a straw as it helps push the liquid to the back of your mouth, avoiding your teeth.
- After drinking acidic drinks wait 30 mins before brushing as the tooth enamel is softened.
- Brush twice a day with fluoride toothpaste.
- Spit, don't rinse after brushing.
- Have regular dental check-ups.

**For further information please discuss with your dental practitioner**

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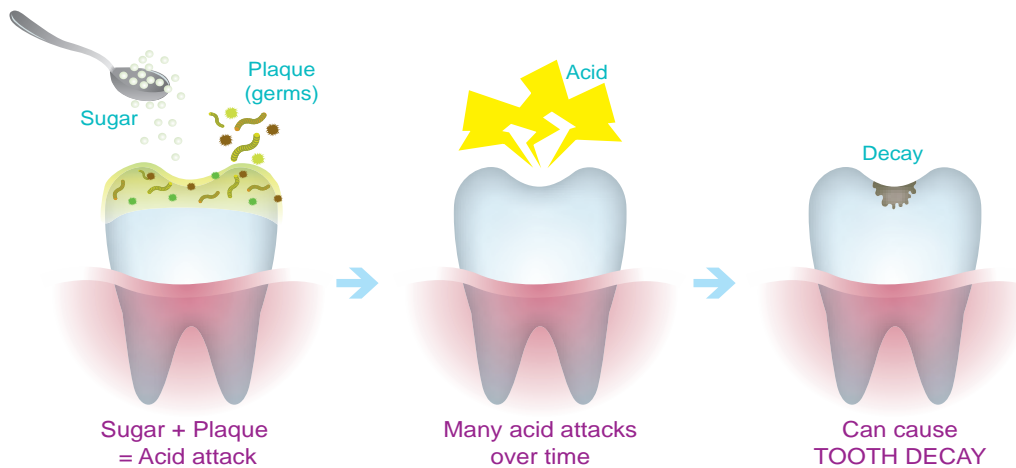


# Early Childhood Decay

Early Childhood Decay (tooth decay) can start soon after teeth appear in the mouth and can cause pain, sleeping difficulty and eating problems. It is the most common and costly childhood disease in Australia. YOU can help prevent it.

## How does it happen?

Tooth decay develops when sugars remain on the teeth for a long time. Sugars are found in many foods and drinks. Plaque bacteria (germs) that form on teeth daily can turn these sugars into **plaque acids**, which eat away at the enamel of teeth. When these acid attacks occur often, over time tooth decay occurs.



The enamel on baby teeth is softer and thinner than adult teeth, making them more likely to decay. Children are not born with **decay-causing** bacteria in their mouth. They are transferred from mouth to mouth through saliva. A parent/carer can unknowingly pass on germs by sharing spoons; tasting foods in their mouth before feeding it to babies; by cleaning a dummy in their mouth; and other activities where saliva is shared.

**Reduce the risk of decay in yourself and your child by keeping your own mouth clean and healthy**

## What should I look for?

Mouth problems are often hidden, and a young child may not be able to tell you. So regularly **'Lift the Lip'** and look inside your child's mouth for early signs of decay.

- First sign of decay are whitish marks on teeth near the gums (see diagram). This can be stopped and/or reversed by the use of fluoride. Fluoride protects and strengthens teeth. **Seek dental advice now.**
- More advanced decay can look like yellow or brown spots (see diagram) and if left untreated it can quickly progress to become a 'hole'. **Seek dental care now.**



**Continued on next page**



## Other signs of tooth problems may include:

- Crying when having hot or cold foods/drinks
- Not chewing or biting hard foods
- Trouble sleeping and/or changes in behaviour and general unhappiness

*Remember decay is not always painful and symptoms may come and go.*

## Tooth decay is more likely to happen in children who ...

- Do not have clean teeth
- Suck on a dummy dipped in a sweet substance such as honey
- Have a diet high in sugar such as sugary drinks and snacks
- Fall asleep sucking on a baby bottle or 'comfort suck' on bottles/pop-tops containing drink other than water throughout the day
- Have parents or caregivers with poor dental health, and who continually pass on the decay causing bacteria via their saliva




## How can I help prevent tooth decay in my child?


- Breastfeed or feed baby and put them in bed without a bottle. If they need a bottle for comfort provide only cooled, boiled water in the bottle
- **Replace the bottle with a cup** when your child is 6 to 12 months old
- When your child is 12 months and over give tap water when thirsty
- Provide healthy meals and snacks for healthy teeth and body
- **Clean your child's teeth** in the morning and before bed at night
- Ask for sugar-free medicine
- Make an appointment with your child health professional for an oral health assessment of your infant's mouth and start **dental visits** before their 2nd birthday


**For further information please discuss with your dental practitioner**

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# Comfort sucking

Sucking is a baby's first instinct and is strongest in the first 12 months then gradually eases. Eventually, they will grow out of the habit, or stop with your encouragement.

## Comfort sucking

- Your child may develop a habit of sucking things such as a dummy (pacifier), their fingers, thumb or other things like a blanket, bottle, toy or clothing for comfort.
- These sucking habits in a *very young* child are usually not a concern.

However, if the habit is **regular** and **prolonged**, and continues **after 4 years** of age, it can cause the front teeth and the surrounding bone to be pushed out of position. Also speech problems may occur, especially with the 's' and 'th' sounds.



## Did you know?

- It is best **not** to use a dummy while you are establishing breastfeeding as your baby needs to do plenty of sucking at the breast.
- Dummies may increase the risk of ear infection.
- Some children use their bottle as a comforter. If so, make sure that there is only water in the bottle between feeds; **continually sucking milk or juice can damage teeth**
- Avoid cleaning your child's dummy in your mouth as this may transfer decay causing bacteria (germs) from your mouth to your child's mouth. Never allow children to share a dummy.



Clean and sterilise baby's dummy daily and keep in a container when not in use. Keep a spare dummy for use when cleaning a dropped dummy is not possible.



Never dip dummies in anything sweet e.g. honey, jam, condensed milk and vitamin C syrups as this can lead to tooth decay

## Tips for changing sucking habits

Gentle encouragement for your child to give up the habit is a good start. At around 2½ to 3 years of age, your child may be more prepared to break the habit. Set a date to stop, such as your child's third birthday. Talk to your child about this, and together, work towards reducing the time they have a dummy or suck their thumb/finger. Some ideas to try include:

- Only give a dummy at sleep time, take the thumb/finger or dummy out once child is asleep
- Discourage your child from walking around with anything in their mouth
- Offer your child a reward once it has been achieved. Encourage with hugs and praise
- The use of a sticky plaster on the thumb or finger, or a glove or sock on your child's hand may act as a reminder and barrier to help stop thumb or finger sucking

**If your child's sucking habit persists, seek advice from your dental practitioner**

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