



Wala the Platypus

Wala is the Yorta Yorta word for **water**.

Wala is a cheeky platypus. Wala likes to spend time in the water. Wala is an excellent swimmer and likes to race the fish to see who is quicker.

Fun Fact: The platypus is not like other animals. It is a very special Australian animal with a flat bill, furry body and webbed feet.

Dirran the Kangaroo

Dirran is the Yorta Yorta word for **teeth**.

Dirran is a curious kangaroo. Dirran loves to read books and explore new ideas. Dirran can bounce high by using its strong legs and long tail.

Fun fact: Did you know that a kangaroo's teeth wear down and fall out. They have another set of teeth that slowly moves forward to take their place.



Dhuna the Koala

Dhuna (pronounced thuna) is the Yorta Yorta word for **eat**.

Dhuna loves to sing and dance. Dhuna loves to hide in the eucalyptus trees and feast on the leaves. When Dhuna is not eating, Dhuna spend their time sleeping in the branches.

Fun Fact: Koalas are fussy eaters and have 2-3 favourite kinds of eucalyptus leaves.

Artist: Madison Connors (nee' Saunders), a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two booris (babies), Marley and Yindi.

Written with the help of my 4 year old son

DHSV would like to acknowledge the traditional custodians of country throughout Australia and recognise their continuing connection to land, waters and community. We pay our respects to them and their cultures, and to Elders both past and present.



DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY



dental health
services victoria
oral health for better health



DRINK WELL

Deadly teeth need good drinks



Tap water is the best drink for everyone – it keeps your teeth and body healthy

Tap water contains fluoride which helps keep teeth strong and protects teeth against tooth decay



Plain milk is also a healthy drink

Drinking sugary drinks regularly can cause tooth decay

Most popular drinks contain lots of sugar.



EAT WELL

Deadly teeth need good foods



Foods good for your teeth are also good for your body

Choose fresh foods rather than processed foods. Sugar is added to many packaged foods – some you may not expect



Snack on fruit and veggies

Enjoy dairy foods like cheese and yoghurt – these are good for your teeth and bones



Eating lots of sugary foods can lead to tooth decay.



CLEAN WELL

Deadly teeth need brushing twice a day



How to brush teeth:

Use a small, soft toothbrush

If under 18 months – NO toothpaste

Children 18 months to 6 years – use a pea-sized amount of low fluoride toothpaste



Brush in small circles – brush the outside, then brush the inside of the teeth

To brush the back teeth, brush back and forth – the top teeth and bottom teeth



After brushing spit out the toothpaste, don't rinse with water. The bit of leftover toothpaste keeps protecting teeth

Brush in the morning and at night before bed

Have a dental check up before 2 years of age. Public dental care is free for most children.