Dental Therapy News

Welcome New Families
Secret Harbour Dental therapy clinic would like to welcome new families to the school and hope they have settled in well. Shortly after all our records have been reconciled, families that are new to the school will receive enrolment forms to enrol their child at the clinic. Once they have been enrolled, the children will be seen within 1 year for their first initial check – up and growth and developmental check. We see children from Pre-primary to year 11 and it is not compulsory to enrol your child in the school dental service. The dental therapy clinic is located at Secret Harbour Primary School.

Existing Families
We hope all your children have settled well into the new school year. We would like to remind parents / guardians to update our staff when you change address as all appointments are posted home. Schools do not advise us when an address is changed, so you may have missed your child’s appointment. This can be sent to us via email: SecretHarbourDTC@dental.health.wa.gov.au.

If your child is experiencing a toothache, don’t delay contacting the clinic, we have emergency appointments each day to accommodate toothaches / traumas.

LET’S TALK...SUGAR!
Sugar- what can it do to your teeth?
- Apart from having little nutritional value, food and drink containing sugar can start the tooth decay process.
- Tooth decay is caused when bacteria in your mouth combine with the sugars from food and drink to produce acid.
- This acid eats away the tooth enamel leaving holes.

So does that mean you should never eat sugar?
- Of course not!
- How OFTEN you eat sweet food is important for tooth decay.
- For example if you have toast with a sweet spread for breakfast, something sweet for recess and lunch, with a sweet snack after school and dessert every night, then sugar is being consumed too often and your teeth don’t have any time to recover from an ‘acid attack’.
- If sweet food is consumed in only one meal, then your teeth have plenty of time to recover from the acid attack.
- Between meals eat food that is low in sugar such as fresh fruits and raw vegetable sticks (remembering 2 fruit, 5 veg), nuts, cheese, crackers and yogurt and drink tap water. Grazers have a higher risk of developing dental decay.
- For more information, please visit the Dental Therapy clinic and ask for a “Sugar” pamphlet.(Pre-Primary parents will receive a ‘welcome’ pack at their child’s first visit)

TIPS
- Parents are encouraged to supervise and help brushing through Primary years. Limiting sweets and acid producing drinks is strongly recommended.
- Monitor your child’s tooth brushing with disclosing tablets. These are a very effective tool in showing children where they need to brush and where they are missing. These can be purchased at a chemist and we recommend doing one fortnightly.

Thank you
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