



# Share the same smile

Presenters' notes



Centre for Oral Health Strategy

# Oral Health presentation notes

## Share the same smile

23 January 2025

The Share the Same Smile resource was originally designed to be used by Bilingual Community Educators, and while best suited for this use, it may be used by anyone working with refugee communities or recently arrived migrants to Australia.

People intending to use this resource should have training by an oral health professional, preferably someone working for the public oral health service. A training resource is available for this from the Centre for Oral Health Strategy website.

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## Instructions

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### General instructions and tips

This resource is designed to be presented to refugee communities and recently arrived migrants and is structured to suit a range of literacy levels in recognition of the diversity of these groups. It is best presented in the language of the intended audience by a Bilingual Community Educator but may also be presented in simple English.

The resource has two levels of information in the notes section, set out as in the below example:

The first level, in bold, contains the most essential information, which should always be delivered at the sessions.

The second level, which is not bold and is indented, contains additional information. This information extends upon the delivery of the essential information and may be used when presenting to groups with a higher educational or literacy level, or to help the presenter answer any questions from the audience.

Actions for the presenter are shown in italics.

The information on accessing Public Oral Health Services is specific to NSW. People in other states may need to alter these parts in accordance with their local procedures.

For more information, please visit the Centre for Oral Health Strategy NSW or NSW Refugee Health Service website, or contact either of these services by phone:

Centre for Oral Health Strategy:

Web: <https://www.health.nsw.gov.au/about/ministry/Pages/cohs.aspx>

Ph: 02 9391 9762

NSW Refugee Health Service:

Web: <https://www.swslhd.health.nsw.gov.au/refugee/#/>

Ph. (02) 9794 0770

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Read the presenters' notes before using this presentation

# Slide 1

NSW Health

# Share the same smile

Healthy mouth and healthy body



Developed by:  
Centre for Oral  
Health Strategy



*Introduce yourself.*

## Slide 2



### What are we learning today?

- A healthy and unhealthy mouth
- What is tooth decay?
- How to protect your teeth
- How to see a free public dentist

NSW Health 2

Today I am going to talk to you about how you can look after your teeth.

I will talk about why your teeth are important and what problems you may get.

I will also talk about how you can avoid getting teeth problems by cleaning them in the morning and night, eating healthy, drinking water and staying healthy by seeing a dentist.

I will also talk about the free public dental service and how you can access this service.

I will try to answer any questions you may have; I am not a dentist and don't work for the public dental service so I might not always be able to help.

If I can't answer your question, I will write it down and find out the answer for you later.

# A healthy mouth



An adult's mouth.



A child's mouth.

**A healthy mouth is important for several reasons. It helps you to:**

**Comfortably eat a healthy food...**

A healthy mouth allows you to eat a range of healthy foods without pain – especially hot and cold foods and crunchy foods like carrots.

**Allows you to speak and smile properly...**

Teeth are important for speaking as you press your tongue against them to make some sounds.

A nice smile might mean that you feel confident about how you look.

**And helps you have nice smelling breath.**

An unhealthy mouth contains the bacteria that cause bad breath.

Keeping your mouth healthy reduces the number of these bacteria in your mouth, and so your breath will stay nice.

**Having a healthy mouth helps keep the rest of your body healthy.**

Having an unhealthy mouth has been linked to sickness in other parts of your body.

For example, gum disease can increase your risk of heart disease, pneumonia, and diabetes. Taking care of your mouth is not just good for your teeth – it helps keep your whole body healthy!

Not being able to eat properly because of bad teeth can also make these sicknesses worse. Not being able to take the important minerals and vitamins for your body (malnutrition). This can make your immune system worse and not able to fight illnesses.

**Taking care of your teeth: It's not only your dentist responsibility but yours too.**

**You can do a lot of things yourself to take care of your mouth, and I will talk about this now.**

**Later, I will talk about where you can go to see a dentist for a checkup or to help you fix your teeth if you have any problems.**

**You should be able to eat without pain, speak normally, and smile without worrying about how your teeth look or your breath smells.**

**Your teeth should be clean, your mouth should be wet, and your gums should not be red or puffy.**

Healthy teeth don't necessarily need to be perfectly white, but they should be free of food and plaque.

**On the left side of the slide is an adult healthy mouth. The right is of a child's healthy mouth.**

Even though children's teeth fall out naturally as they grow, it is very important to take care of these teeth and develop good habits for keeping your child's teeth healthy.

**Baby teeth are important.**

Babies get their first tooth at around 6 months of age.

**Baby teeth hold space for the adult teeth to come through.**

Children usually start losing their baby teeth from around 6 years of age.

## Slide 4

These are some pictures of unhealthy mouths.



### An unhealthy mouth



An adult's mouth.



A child's mouth.

The main problems which can affect your mouth are decay, gum disease, bad breath, dry mouth and tooth erosion.

**The pictures on the left are of adults and show tooth decay in the top picture and plaque buildup and swollen gums in the bottom picture.**

Unhealthy gums may bleed, especially when teeth are brushed, and will appear red and swollen.

If your gums are bleeding when brushing, this is not a reason to stop brushing. Brushing can help you reduce gum disease.

Early gum disease is known as gingivitis and is an inflammation of the gum tissue.

If left untreated, it can get worse and lead to periodontal disease, which is an infection of the tissues that support your teeth and may involve permanent bone loss.

**On the right are pictures of child's mouth, both with tooth decay. The picture at the bottom is very bad tooth decay.**

**A Child and Family Nurse (Baby Nurse) will have a quick look at your child's teeth when you take your child for a health check.**

They can check your child's teeth for the signs of early decay and provide you with information about how to look after your babies' teeth.

Tooth decay in children can begin early because their teeth enamel is softer and thinner than adult teeth.



Tooth decay begins as white marks or lines that progressively become larger, turning yellow or brown.

**If the nurse thinks there is a problem, they can give you a referral to a dental clinic.**

In the early stages, tooth decay can be stopped or reversed.

The referral means your child may be seen quicker.

**You can check your child's teeth yourself.**

*Show the Lift the Lip fridge magnet.*

**Just lift their lips and look out for white or brown spots on the teeth. If you see white or brown spots, call for a dental appointment.**

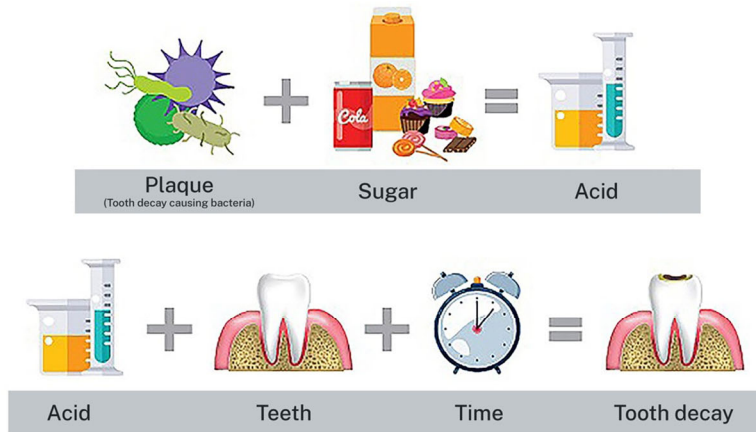
**Most problems with your teeth and gums can be avoided by keeping your teeth clean and healthy.**



## What is tooth decay?

Tooth decay is the most common problem people have in their mouth.

# How you get tooth decay



When you don't brush your teeth, you get plaque on them. Some bacteria live in this plaque.

When you eat food, the bacteria also eat the sugar from the food and then the bacteria make acid.

Each time you eat, the bacteria create acid. The more often you eat, the more often you have acid in your mouth. So, it is not good to have lots of snacks each day, especially if they are sugary.

It is better to just have your three main meals, and if you need a snack, have something with no sugar.

**The acid wears away the surface of the tooth, and this leads to tooth decay.**

Saliva (spit) neutralizes the acid in plaque.

If the plaque is brushed off and saliva surrounds the tooth, the enamel surface can harden again.



## How to protect your teeth

We are going to talk about how to protect your teeth by cleaning them morning and night, eating healthy, drinking water and staying healthy by seeing a dentist.

# Message 1: Clean and floss your teeth



**Brush on the inside surface of every tooth making sure that you clean down to the gums.**

**Brush on the outside of the teeth using a circular motion. Start on one side and go all the way to the other side of the mouth.**

**Gently brush the surfaces of the top and bottom teeth. Start on one side and follow all the way to the other side of the mouth.**

**Brush in the morning and at night before going to bed.**

**Use floss to clean where your toothbrush can't reach.**

**Guide the floss between the teeth using a gentle up and down motion.**

**Flossing tools**

- floss
- interdental brush
- floss holder

NSW Health 8

**Cleaning your teeth is very important in helping to keep your teeth healthy.**

Brushing your teeth, gums and tongue helps to reduce the amount of bacteria in your mouth, especially the plaque that sits on your teeth.

**You should brush your teeth twice a day -in the morning and before you go to bed.**

Brushing teeth before going to bed is especially important because saliva, which is the mouth's own cleaning system, slows down during the night and leaves the mouth more at risk from decay.

**You should brush two times a day – in the morning and before you go to bed**

*Provide a practical demonstration of toothbrushing*

*Use a tooth model if you have one*

**Use a small amount of fluoride toothpaste**

*Demonstrate by putting some paste on a brush or showing a picture*

**Make sure you brush each part of every tooth:**

**The outsides of your teeth using little circle actions...**

*Demonstrate on tooth model or picture, or point to outside surface of teeth*

**Insides of teeth...**

*Demonstrate on tooth model or picture, or point to insides of teeth*

**And your chewing teeth (back teeth) ...**

*Demonstrate on tooth model or picture, or point to back teeth*

**You can also brush your tongue**

Your tongue can have bacteria on it, so brushing your tongue can help reduce the amount of bacteria in your mouth.

## Check your child's teeth



Use fluoride toothpaste and a toothbrush with soft bristles



Use a pea sized amount of toothpaste

**It is important to use a toothpaste that has fluoride in it, and you only need to use a small amount of toothpaste.**

**Nearly all the brands of toothpaste that you can buy in the supermarkets have fluoride in them.**

Show some examples of toothpastes and brushes if you have them.

Fluoride in the toothpaste will help protect your teeth and may repair teeth that are in the early stages of decay.

Children who are less than 18 months old don't need to use toothpaste.

You should supervise your children when they are brushing their teeth until they are about 8.

**You should not rinse the toothpaste out with water after brushing, because leaving it in your mouth will help protect your teeth.**

Spit any excess toothpaste out but do not rinse so the fluoride in the toothpaste can stay around the teeth longer.

**The best toothbrush to use is one with soft bristles and a small head.**

Brushes with hard bristles might damage your gums and wear away your teeth.

**Everyone in your family should use their own toothbrush.**

If you share toothbrushes, you may spread bacteria from your mouth to other people in your family - especially to your children.

**You need to replace your toothbrush when bristles start to curl.**

Once the bristles start to curl, they will not clean your teeth as well, and also may have more bacteria in them.

# Clean your dentures



- Clean your dentures in the morning and at night.
- Clean your dentures over a sink with water in it or on top of a towel.
- This will make sure your dentures don't break if you drop them.



- Use mild liquid soap on a soft toothbrush.

**! Do not use toothpaste to clean dentures**



- Brush all parts of your denture well.
- Rinse your denture with cold water.



- Clean your gums and tongue using a soft toothbrush and water.
- Do this in the morning and at night.
- If you have any real teeth in your mouth, it's important to brush these twice a day with fluoride toothpaste.



- Take your dentures out before you go to sleep at night.
- Keep your cleaned dentures in a dry container overnight.

If you have dentures, clean them in the morning and at night. Do this over a sink of water or towel to reduce the risk of breaking if dropped.

Use mild liquid soap on a soft toothbrush or denture brush. Don't use toothpaste to clean dentures.

Brush all surfaces of the denture well. Rinse with cold water.

Also clean the gums and tongue using a soft toothbrush in the morning and at night.

Take dentures out before you go to sleep at night. Keep cleaned dentures in a dry container overnight.





## Message 2: eat more fruit and vegetables

Choosing healthy foods is good for your oral health and overall health and wellbeing

NSW Health

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**Eating more fruit and vegetables is a good way to help keep your mouth healthy. You should enjoy a wide variety of nutritious foods to keep a healthy mouth and healthy body. Some good foods to eat are vegetables, fruit, nuts, cereals, bread, cheese and plain yogurt. These are some of the good foods**

Most dental problems are caused by dietary habits.

Foods which have very little sugar are better choices for taking care of your teeth and your health.

To prevent tooth decay, eat healthy foods, especially protective foods and drinks such as cheese, milk and plain yogurt.

Crunchy foods can help to clear foods from the mouth as they stimulate saliva flow - these include apples, carrots and celery.

**Between meals you should enjoy healthy snacks which don't have much sugar in them.**

Examples of good snacks are cheese with plain crackers, nuts, or carrots.



## Eat these foods less often

Try not to snack between meals

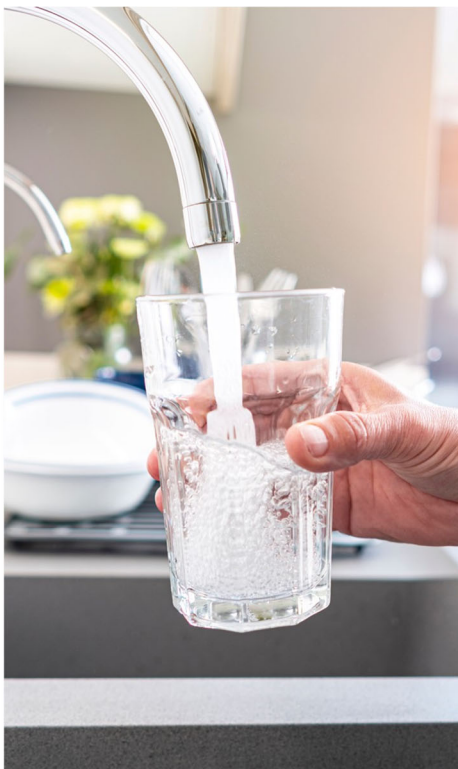
**Some unhealthy foods are shown on this picture.**

**Eating foods which are sugary and sticky, like cakes, biscuits, lollies, chocolate, muesli bars, and fruit bars can cause problems with your teeth.**

Sticky and sugary foods stay in the mouth longer, giving the bacteria more time to turn the sugar into the acids that harm your teeth.

**They are especially bad if you have them often or as snacks between meals.**

It is the frequency of eating sugar and drinking sugary drinks, rather than the amount of sugar, that is related to tooth decay.



### Message 3: Choose water

Water keeps you hydrated and helps protect your teeth from tooth decay

#### **Water is the best drink between meals and at bedtime.**

Tap water in most places in NSW contains fluoride, which helps to protect teeth against dental decay.

Most bottled water does not have fluoride in it and costs a lot of money.

NSW Health and the Australian Dental Association strongly recommend drinking fluoridated tap water.

Tap water is safe. You do not need to boil your tap water before drinking it.

You only need to boil tap water for drinking for children who are under 12 months old. Boiling water does not remove fluoride.

#### **Breast milk is best for babies.**

Breast milk is best for babies and is the only food and drink they need until they are about 6 months old.

For older children and adults', plain milk is also a good drink, but you should try to drink it only with a meal.

#### **Babies can drink breastmilk or formula or a combination of both.**

If you have decided to formula feed, all formula in Australia meets the required food and safety standards.

Be careful with preparation, sterilisation and storage: follow the instructions on the label for the preparation and storage of the formula and sterilise all equipment used.

**You should only put breast milk, infant formula or water in a bottle. Flavoured milk, fruit juice or soft drinks contain sugar and are unhealthy for your babies' teeth.**

Just like for adults, the frequency of eating and drinking affects your babies' teeth. Once you have finished feeding your baby remove the bottle.

**Start teaching your baby to drink from a cup at 6-8 months.**

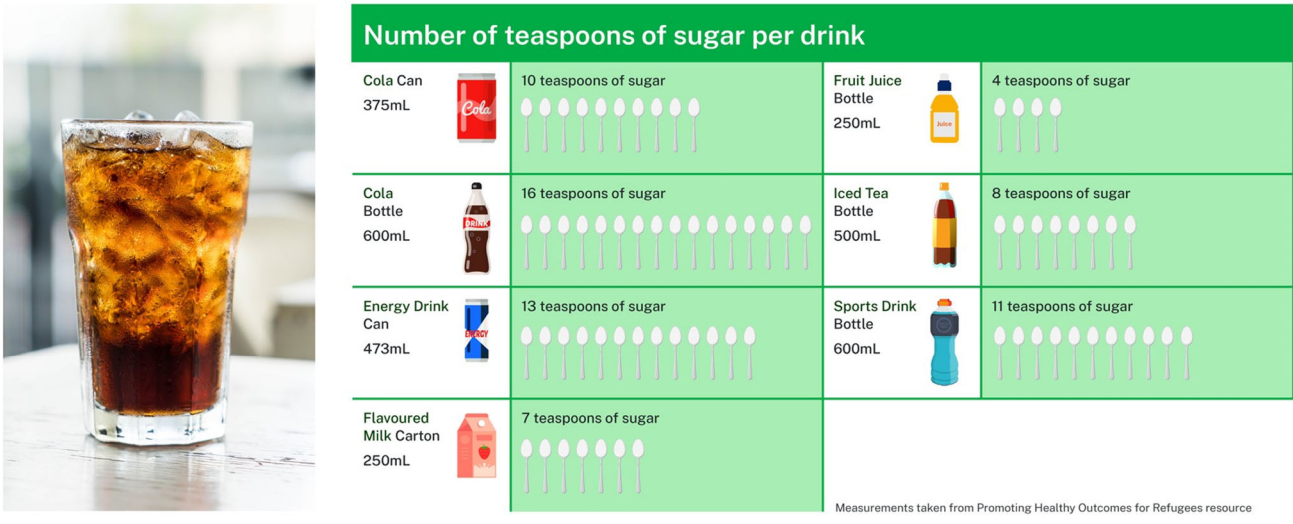
Try to stop using a bottle by 12 months old and use a cup instead.

**Your baby should not go to bed with a bottle**

Putting your baby to bed with a bottle can also give them bad teeth, especially if the bottle has something other than milk or water.

This happens because milk pools in the mouth, as babies don't swallow as much when they fall asleep.

# Sugary drinks are not the best for our teeth



**Sweet and fizzy drinks can damage your teeth, especially if you drink them often and between meals.**

Just like foods, acidic and sugary drinks like fruit juice and soft drinks can cause decay or erosion. They are particularly harmful when sipped slowly, or when they are held in the mouth for a while before swallowing.

Try to have these drinks only some days a week, like on weekends, or on special occasions, and drink with a main meal as this will help reduce the time that your mouth has sugar in it.

## Message 4: Regular dental check ups



Regular dental check-ups are important to make sure your mouth, teeth and gums are healthy



Don't wait until it hurts

### When to see a dentist

**Good habits like brushing your teeth, drinking tap water and eating healthy foods will help stop you from having problems with your teeth.**

**Visiting a dentist is also important to keep your teeth healthy.**

**It is important to see a dentist for a checkup, not just when your teeth begin to hurt. Your dentist might be able to see some dental problems before you know it is there.**

Even if you think you don't have a problem, the dentist can sometimes see that you have a small problem and can stop it from getting worse.

Most people should have a checkup every year, or more often if your dentist tells you to..

**Many people have things they are afraid of or worry about and some people worry about visiting a dentist.**

**If you are worried about seeing the dentist, you should tell the dentist when you get there.**

**That way the dentist will be able to help you be less worried.**

They can also get help from other health workers to help if needed.

## Teeth clean



Have regular dental check-ups

Most people should have a check-up every year, or more often if your dentist tells you to.

## Smoking and vaping is unhealthy



Quitline is a free service **13 7848**

The health of your mouth, gums and teeth will improve if you stop smoking cigarettes and e-cigarettes (vapes)

**Smoking can cause problems in your mouth and the rest of your body.**

Over 15,000 Australians die every year from illnesses caused by smoking.

**Smoking may cause bad breath, stained teeth, gum disease and cancer.**

**Stopping smoking can be hard, but there are lots of people who can help you, and stopping can make a big difference to your health.**

The benefits of quitting increase over time:

- At 2 -12 weeks heart attack risk begins to reduce, circulation and lung function improves, and exercise is easier.
- From 1 to 9 months coughing and shortness of breath decreases.
- At 5 years the risk of oral cancer decreases, and the risk of stroke is dramatically reduced.
- Within 15 years the risk of dying from a heart attack is equal to a person who has never smoked.

**You can call Quitline or ask your doctor or dentist about how you can quit smoking.**



## Chewing tobacco products and chewing betel nut is unhealthy



Betel nut, also known as areca nut, is the seed of the fruit areca palm.

Chewing betel nut is common in some cultural and social practices.

It is a highly addictive substance.

Betel nut use can cause oral cancer.

To reduce the risk of oral cancer and improve your oral health, stop the use of betel nut products, do not smoke, vape, or chew tobacco pouches, and limit alcohol intake.



## Am I eligible for public dental services?

NSW Health

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**Some people might be able to get free dental care from a public dental clinic. You will need to have a Medicare card.**

For people who have a resident status as not determined yet, for example asylum seekers, they may be able to ask for assistance the following services: NSW Refugee Health Service, Red Cross or Asylum-Seeking Centre.

# NSW Public dental clinics

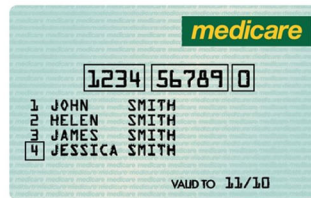


You are eligible for free public dental services in NSW if you have a Medicare card and one of the following concession cards

- Pensioner concession card
- Health care card
- Commonwealth seniors health card

Public dental services are free for all children under 18 years who live in NSW and have a Medicare card.

**For an appointment call:  
1800 679 336**



All children under 18 years of age with a Medicare card can get free dental care from the public dental clinic.

Adults can get free dental care from a public dental clinic if they have a Medicare card and one of the following concession cards

- Health Care Card,
- Pensioner Concession Card or
- Commonwealth Seniors Health Card from Centrelink

### Point to the cards

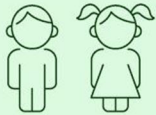
Any other adults whose name is listed on the Centrelink card are also able to get free dental care.

If you are an adult and don't have one of these cards you will have to go to a private dentist, and you will have to pay.

You can find a private dentist on the [Australian Dental Association NSW website](#).

You may want to think about getting private health insurance with a dental option as well. Private insurance usually allows you to get free checkups every year.

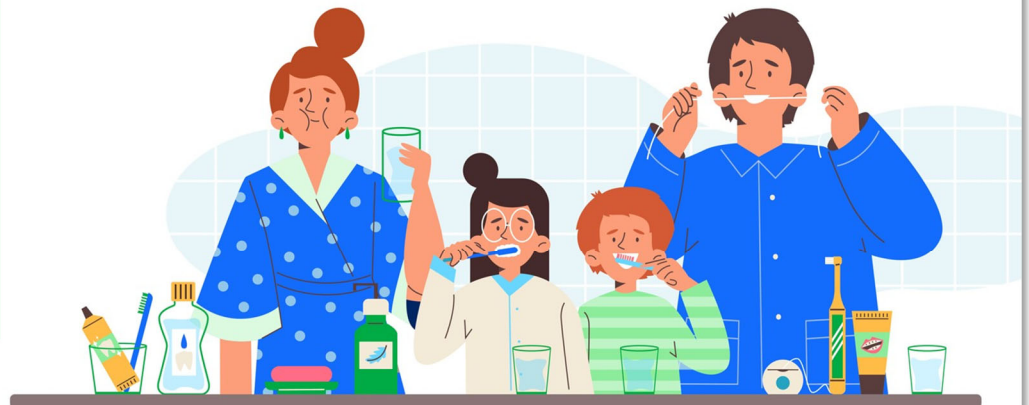
## Child Dental Benefit Schedule (CDBS)



### Child Dental Benefit Schedule (CDBS)

For eligible children aged zero to 17 years old

You can claim up to \$XXXX per child over 2 years



The Child Dental Benefits Schedule is an Australian Government program that provides access to up to \$1,132 in benefits over two consecutive calendar years, covering most basic general dental services.

You don't need to register for the CDBS and will usually be notified by Services Australia if you are eligible.

To be eligible for the CDBS, a child or young person:

- must be aged 17 years or under, and
- their family must receive Family Tax Benefit Part A or a relevant Australian Government payment.

Your child can access dental care under the CDBS through public dental clinics in NSW (including NSW Health school-based dental services) or through private dental providers.

You can also check your child's eligibility and CDBS balance through your Medicare online account at myGov, or by calling 132 011.



## Interpreter Services

Call Translating and Interpreting Service (TIS) on **13 14 50** for a free interpreter service

NSW Health

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To make an appointment for free public dental care you need to call your local public dental service.

The numbers are on the last page of the resource list. Show the phone number.

If your English is good, you can directly call the call centre.

*Point to top part*

If you can't speak much English there is a Telephone Interpreting Service, who will help you talk to the person from the dental service.

*Point to the TIS number on the slide and the resource*

The public dental service is not allowed to use your family or friends to translate for you.

It is very important to use a trained interpreter, as often your family or friends often cannot explain fully what the person from the dental service is asking.

You need to tell the call centre staff if you need an interpreter for your appointment.

## Remember healthy habits for a healthy mouth



**Brush your teeth morning and night**



**Eat more fruit and vegies**



**Choose water as a drink**



**Have regular dental check-ups**

You can help to keep your teeth healthy by remembering to:

- Brush your teeth twice a day, morning and night.
- Eat more fruit and vegetables.
- Choose water as a drink.
- Have regular dental checkups. Don't wait until you have a problem.

# Thank you



*End the presentation by thanking the group and answering questions.*

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## Slide 25



### Notes on design

For accessibility purposes, the only fonts to be used are Public Sans or Arial if Public Sans is not available.

Do not use any other fonts

The colours to be used are from the green and grey colour sets. These colours have been chosen for ultimate accessibility.