

# My first dental visit

at

Plenty Valley Community

Health



Website: [www.pvch.org.au](http://www.pvch.org.au)

'Healthy Families Healthy Communities -this is an initiative of the Health Promotion and Prevention Team at Plenty Valley Community Health'



Walking up to your first visit at the dental clinic with your mum, dad or carer, you might feel excited or a bit nervous



The friendly receptionist will make you feel welcome.



If you arrive nice and early, you could even do a bit of reading or drawing!



The friendly oral health therapist  
will greet you at the door.



Have you ever been to the dentist?



In the dental room, you will also meet the dental assistant.

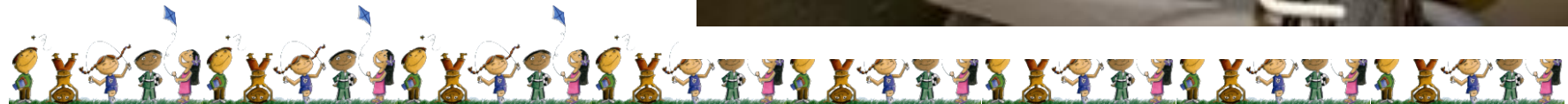


There will be a big chair to sit in.



You will get to have a ride in  
the big chair.

It goes up and  
down like magic!



There will be **bright lights** above you, so the therapist can see all the corners in your mouth.

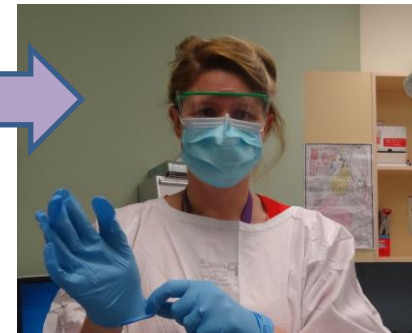


Let's play  
dress up!

So you'll have to put on sunglasses too!



The oral health therapist will put on some goggles.....



a mask.....

and some gloves.





The therapist will use all kinds of funny things....



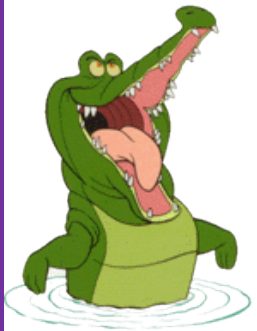
like a small vacuum cleaner and even a little water jet!





Do you know how many teeth you have?

You'll have to open your mouth wiiiiiiide, like a crocodile!



That way, the therapist can count your teeth using a special mirror.



After counting your teeth, the therapist might show you how to brush your teeth.



Do you brush your teeth morning and night?



The visit to the dental clinic is finished and it's already time to go home.



That was easy!





# Smiles 4 Miles family information

Your child's baby teeth are important for them to eat, speak and smile without pain or embarrassment. Early childhood is when many lifetime habits are established and offers the opportunity to prepare for good health in later years.

Plenty Valley Community Health believes in prevention and works with the community to educate local residents through the Smiles 4 Miles program within the City of Whittlesea. Dental Health Services Victoria funds this program.

The PVCH Health Promotion Officer works with the staff and families of early childhood services who are well-placed to help children and their families learn about oral health. The Health Promotion Officer supports centres with training, delivering student and family learning experiences, developing health policies and evaluation of the program. The three key messages of the program are Eat Well, Drink Well and Clean Well.

**For more information, contact the PVCH Smiles 4 Miles Coordinator:**

**Angela Robinson, Health Promotion Officer,  
Plenty Valley Community Health,  
9409 8745, [angela.robinson@pvch.org.au](mailto:angela.robinson@pvch.org.au)**

## Drink well

- Tap water is the preferred drink.
- Limit sweet drinks (especially between meals).
- Choose plain milk over flavoured.

## Eat well

- Enjoy a wide variety of nutritious foods every day from the five food groups.
- Limit foods containing added sugars.
- Healthy meals and snacks are important for healthy teeth.

## Clean well

- Brush teeth and along the gum line twice a day.
- Children should use a low-flouride children's toothpaste from 18 months until they turn six.
- Don't wait for a problem. A child should see a health professional (Maternal and Child Health Nurse, Dentist, Oral Health Therapist, Dental Therapist or General Practitioner) by the age of two for an oral health check.
- An oral health professional will discuss a child's risk level and how frequently they need to visit for an oral health check.



# Plenty Valley Community Health Children's Dental Services

Plenty Valley Community Health provides a child-friendly environment that delivers quality children's dentistry and an innovative Child Health Team. The service encourages a family oriented and supportive approach to children's health and dental care.

## **Services provided:**

- Check-ups
- Preventative dental treatments
- Oral Hygiene instructions
- Fissure sealants
- Fillings
- Emergency care eg toothache, trauma
- Recall examinations

## **Eligibility**

All Children aged 0-12 years

## **Cost**

### **General Course of Care:**

General Course of Care (This covers check-up and treatment if required).

- Pension/Health Care Card Holders – free.
- Refugees and Asylum Seekers – free
- Aboriginal and Torres Strait Islanders – free
- Cared for by the Children, Youth and Families Division of the Department of Human Services – free

Children (aged 0-12 years) who do not fit into any of the above categories \$32.00 per child for a course of general care. (Fees are subject to change.)

## **Emergency Treatment:**

Free for all children aged 0-12 years.

For further information regarding fees, please contact the clinic on the number below.

## **Appointments**

Children should be seen by a dentist or dental therapist starting from one year of age. To make an appointment please call the Dental Clinic on the telephone numbers below.

### **Northern Hospital Site**

**187 Cooper Street, EPPING 3076**  
**Telephone: 9409 8719**

### **Whittlesea Centre**

**40-42 Walnut Street, WHITTLESEA 3757**  
**Telephone: 9716 9444**



Produced by Plenty Valley Community Health

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Thank you to Georgie and the PVCH Dental Team.

