



Te Hā o Aoraki
The Breath of Aoraki
South Canterbury
Toothbrushing Programme



Te aronga - Purpose

- **Aim of Te Hā o Aoraki:**
- To establish good paraihe niho habits among tamariki.
- **Overall goal:**
- Improved oraka niho outcomes for tamariki
- Tamariki experience fewer dental caries

About Te Hā o Aoraki



- Toothbrushing programmes have been successful overseas and in Aotearoa.
- The 2020 SC pilot was based on the Scottish 'Child Smile' Programme
- Piloted at Arowhenua Māori School and He Manu Hou

What tamariki said... (12 respondents - Junior Survey)

1. How do you feel when it is time to brush your niho at kura?
Please circle one of the faces to show how you feel.



The **best** thing is...'*brushing my teeth with my friends.*'



Pilot evaluation report available on WAVE website www.wavesouthcanterbury.co.nz

Through the eyes of kaiako,
tamariki and whānau

Evaluating the Toothbrushing Programme Pilot –
Te Hā o Aoraki – at Arowhenua Māori School: a report
of survey findings





Why brush at School?

- Niho kai waiū – Baby Teeth matter!
- Healthy niho and puniho (gums) contribute to hauora
- Good oral hygiene habits early on, helps ensure niho are healthy for life.
- Supports pairahe niho (tooth brushing) at kāinga.





What is the Toothbrushing Programme?

- Daily – at a time that suits you
- Kaiako supervises
- “Tamariki are really keen to paraihe and pack up their pouka kai – lunchbox when they see it being set up”- **kaiako, He Manu Hou**

Toothbrushing pilot a success at Arowhenua Māori School

www.stuff.co.nz/timaru-herald/news/124813134/toothbrushing-pilot-a-success-at-arowhenua-mori-school (Apr 2021)



www.stuff.co.nz/timaru-herald/news/120113794/child-tooth-brushing-pilot-programme-for-south-canterbury (Mar 2020)

frankfilm.co.nz/changing-south-season-3-2021/childrens-teeth-losing-the-battle-against-tooth-decay (Frank Film - features Arowhenua Māori School, June 2021)

Taputapu paraihe niho - Equipment

Provided:

- Racks
- Paraihe niho – brushes
- Fluoride toothpaste



Whānau Engagement



- Letter template for Whānau - opt out option
- Sample whānau resource pack
- Whānau hui (*optional*)
- Displays, social media, newsletter, website etc.

Next steps

Decide:

- When and where tamariki can do toothbrushing?
- Where to store racks?
- Who will supervise?
- How will you engage whānau?
- When will you start toothbrushing?

Do an oral health focus as a lead up to the toothbrushing.

Kaiako evaluation survey 8 weeks after starting toothbrushing

Ongoing support available. Any patai/questions – contact WAVE Facilitator or Hacer
hacer.tekinkaya@cdhb.health.nz 03-687-2621

Te Hātepe - Process

- Kaiako places a **smear** (for 5 year olds) and **pea-sized** amounts of toothpaste (for 6+ years) onto a clean tray/plate with enough spaces between each
- Kaiako picks up numbered/named toothbrush and swipes on the toothpaste
- Tamariki brush their teeth – paraihe niho
- Wipe/spit excess foam (paper towel)
- Paper towel goes in bin
- Tamariki rinse brush and give back to kaiako
- Kaiako places toothbrush back into rack
- Toothbrushes air dry before rack put away
- Racks cleaned at least once a week

