

# Social Media Tiles

Get involved. Share the images and messages below on social media. Simply click to download the images and start sharing. And remember, join the conversation with the hashtag #DeadlyToothTips

## Share with families

Download the **Deadly Tooth Tips** social media tiles and share the **Deadly Tooth Tips** tip sheet with families at your early years' service, school, dental service or in your local community – and spread the word around the deadly habits that protect little teeth and prevent tooth decay.

Choose a post, cut and paste the text, download an image and share in your social media channels.

- National Close the Gap Day (March)
- National Playgroup Week (March)
- World Oral Health Day (March)
- International Children's Day (April)
- National Smile Day (April/May)
- NAIDOC Week (July)
- National Families Week (May)
- Dental Health Week (August)
- National Nutrition Week (October)
- Children's Week (October)
- National Aboriginal and Torres Strait Islander Children's Day (August)
- World Cavity Free Futures Day (October)
- World Smile Day (October)
- Universal Children's Day (November)

You can find more toothbrushing information here: <https://dhsv.link/toothbrushing>  
If you have any questions, please email [healthpromotion@dhsv.org.au](mailto:healthpromotion@dhsv.org.au)



Wala the Playtupus

Wala is the Yorta Yorta word for water.

dental health  
services victoria  
oral health for better health



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Dhuna the Koala

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

dental health  
services victoria  
oral health for better health

Tap water is free – no fat or sugar – and it strengthens your teeth!  
#DeadlyToothTips  
#DrinkWaterUMob

Drinking water with fluoride is one of the easiest things you can do to strengthen your teeth!  
#DeadlyToothTips  
#DrinkWaterUMob

Bones and teeth love dairy foods like milk, cheese and yoghurt  
#DeadlyToothTips

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



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Use the FoodSwitch app to find hidden sugars  
<https://apps.apple.com/au/app/foodswitch/id1059284559>  
#DeadlyToothTips

Crunchy, raw fruits and vegetables, like apples, celery and carrots make great snacks – and help clean teeth  
<http://www.vaccho.org.au/assets/01-RESOURCES/TOPIC-AREA/NUTRITION/TIP-SHEETS/KIDS-TIP-SHEETS/VACCHO-HEALTHY-EATING-KIDS-WEB.pdf>  
#DeadlyToothTips

An apple a day helps keep tooth decay away! For healthy food swaps  
<http://www.vaccho.org.au/assets/01-RESOURCES/TOPIC-AREA/NUTRITION/POSTERS/POSTERS-FOOD-SWAPS-A3.pdf>  
#DeadlyToothTips



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



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If you're looking for a new favourite toothbrushing song, try one of these <https://linktr.ee/brushing>  
#DeadlyToothTips

Find your local dentist  
<https://www.dhsv.org.au/our-services/find-dental-clinics/clinic-search>  
#DeadlyToothTips

Tash and 'Chomper' join their animal friends, to show us how to have fun when we brush our teeth  
<https://youtu.be/TWA6UWUwkh8>  
#DeadlyToothTips