



Stop Caries NOW for a Cavity-Free Future

ACFF ANZ CHAPTER COMMUNITY GRANTS

2020

TITLE: Brush, Book, Bed – Setting a Regular Night-time Routine for Pre-schoolers

RECIPIENT/S: Dr Mary Hatem

ORGANISATION: Sydney Local Health District

DISCUSSION: Brush, Book, Bed (BBB) is an initiative developed by the American Association of Paediatricians to communicate a simple message to families about maintaining a night-time routine involving toothbrushing, reading and a regular bedtime.

SLHD plans on utilising this message as part of a sticker tracker activity within five preschools of the LHD which display the highest caries risk.

Preschools will be provided with posters, brochures for parents and staff, sticker charts, stickers, oral health packs, books and award certificates as part of the initiative.

A survey to be issued to parents before and after undertaking the initiative will allow for evaluation of the initiative's success in achieving a behavioural change surrounding night-time routines.

Due to the COVID-19 outbreak, Oral Health Promotion activities were suspended within the Sydney Local Health District in 2020 and a new commencement date has been scheduled for preschool visits to commence in May, with most activities being undertaken utilising online platforms.

