



## Treasure Tins

The treasure tins and contents along with the branding for the Waikato B4 programme was carefully thought out over 10 years ago.

Milton and Kiri represent 4-year-old kids in the Waikato getting as healthy and ready as possible for school. Milton's name is from Ham MILTON and Kiri is from KIRIKIRIROA. They are the 4 Waikato B4SC mascots and are on most of the resources.

The tins are a cost effective product that have a high perceived value. The retro tins stand out giving a strong brand awareness and longevity, not only are they a collectable item they are also recyclable.

**This treasure tin includes the following:**

### **My very important toothbrush and the Colgate toothpaste**

The Waikato has very high statistics for the amount of dental caries our pre-schoolers have. The 3 dental resources in the treasure tins can be used as education tools to ensure the message gets through that:

- Everyone should brush their teeth at least twice a day for at least 2 minutes
- Right from a baby's first tooth they should be using full strength fluoride toothpaste
- Do not rinse with water after brushing teeth
- Water is best to drink
- Toothpaste should be treated as a medicine as it is toxic for children if a certain volume is ingested
- 4 year olds should be supervised brushing their teeth up until approx. the age of 8 years old

### **My Very Important Card Game**

Can be used to assess whether a child knows their numbers and the concept of counting. 4 year olds should be able to play some card games so it can be used to assess cognition.

### **Colouring Pencils**

Can be used to assess whether a child knows their colours and how to count.

Using the Very Important Book, a nurse can ask a child to use a certain colour and draw a picture of something.

A 4 year old should be able to hold a pencil using the pincer grip.

They are helpful tools to assess a child's milestones.

### **Bouncy Ball**

A 4 year old should get the concept of throwing and catching a ball.

A nurse can use the ball to assess whether the child can use the ball.

A nurse assesses fine and gross motor skills during the B4SC.



### **Healthy Eating 2-12 years booklet**

Obesity is a huge problem in New Zealand.

This booklet is a non-judgemental tool that a nurse can use to discuss healthy options.

### **My Very Important Book**

A lot of thought and evidence based theory was used to make up this booklet.

The first page can be used as part of the informed consent process as it goes through what we want to achieve during the check.

Page 2 can be used to see if the child can write their name or at least a few letters of their name. The pincer grip can be assessed.

The child can be asked to draw himself and this shows the nurse that he can draw basic shapes such as circles.

It is also a way of assessing whether the child can sit quietly and entertain himself while the nurse talks to the mother (i.e. assessing behaviour and attention span)

Page 3 can be used to assess a child's milestones (e.g. counting, if the child understands a question like "where is something that is round like a circle in the picture?")

It allows the nurse to discuss whether the child has a vision or hearing issue and what to do if there are any concerns.

Page 4 promotes the library.

The library is free and there are often fun activities available.

We want children to be excited about learning and be interested in literacy.

Page 5 and 6 can be used further to assess counting, pincer grip, knowledge of shapes, etc.

Page 7 reinforces the dental education that a nurse has gone through talking about using a toothbrush and toothpaste.

Page 8 can be used to assess a child's milestones.

A four year old should be able to dress themselves, know their colours, remember a favourite story.

Page 9 is for the caregiver to go through just before school starts to see how the child is feeling about starting school.

Great discussion can come out of it.

The last page has contact details for the different services available to the child.



#### **Safety Message for Parents and Caregivers**

An explanation is given as to why the adult strength toothpaste needs to be used.

A safety message is provided and contact details of the B4SC coordinator so the caregiver can contact someone if they have any queries that the nurse has not been able to answer.

There is a survey monkey for feedback from the caregiver.