



## HEALTHY TEETH

Early orthodontic treatment begins between the ages of seven and 11 when your child's adult teeth begin to come through. It's around this age that orthodontists begin to diagnose developmental issues, such as teeth crowding or cross-bites. A treatment plan is created to prevent more serious problems occurring, or to address issues that become hard to correct once your child's face and jaw stop growing. According to Smile Solutions (smilesolutions.com.au), early treatment can improve aesthetics, lessen the need for future teeth removal and may make teenage orthodontic treatment easier. While the new Government assisted children's dental scheme provides financial support to eligible children between two and 17 and can be used for a range of basic dental services (including examinations, x-rays, cleaning, fillings and extractions), it's not available for orthodontic or cosmetic treatment. Always check your level of cover and eligibility with your dentist, specialist orthodontist, and relevant government provider or health insurer before starting treatment.

## COMMUNICATING CLEARLY

There are countless reasons for communication; from playing a game of peek-a-boo to socialising and making friends. Children with speech and language needs can find these things difficult. Communicate Speech Pathology (communicatespeech.com.au) say children who are struggling with their communication can present in many ways: they may have speech that's difficult to understand, struggle to find the right words or use a clear sentence; they may struggle to stay focused on one activity or take turns when playing; and may also find it hard to follow instructions and routines, even though they are doing them every day. If these children are not identified and supported early on, they can develop literacy difficulties and may become more passive in the classroom, start to misbehave or develop low self-esteem. If you're concerned about your child, the best place to start is with advice from a qualified speech pathologist, who will work with your child to overcome these difficulties and flourish in all aspects of their development.

## SLEEP & ADHD

A sleep intervention that could improve the severity of the symptoms for children with Attention Deficit Hyperactivity Disorder (ADHD) has been trialled by researchers at the Murdoch Childrens Research Institute. Families of 244 children with ADHD were offered face-to-face, fortnightly sleep consultations, and were given a tailored behavioural sleep management plan specific to their child's sleep problem. The intervention was found to improve the child's sleep, as well as their behaviour, quality of life, school attendance and functioning. "Families receiving this intervention reported significant and sustained improvements in their children's ADHD symptoms and sleep," says lead researcher, Associate Professor Harriet Hiscock. "This study has showed sustained benefits for families involved, which is really exciting." Parents involved in the study also reported increased work attendance, and the children's teachers reported improved child behaviour, more at [bit.ly/1vRioyj](http://bit.ly/1vRioyj)

## NO CHILD IS EVER TOO YOUNG TO BE TESTED

- Kids with headaches or can't see the board?
- Watery eyes, blinking or squinting?
- Children tilting or turning their head to see?

Book a comprehensive eye test with a paediatric behavioural optometrist today!  
Early intervention is the best possible action.



8340 0417 | [kiddieseyecare.com.au](http://kiddieseyecare.com.au)  
14 Parker St, Williamstown

## Volunteering at PANDA is a great way to support families who are finding parenthood difficult.

- Are you a mum, dad or grandparent who has good communication skills?
- Have you been affected by antenatal or postnatal depression?
- Can you share personal and practical parenting support?
- Can you spare 3 to 4 hours per week?

**NATIONAL HELPLINE: Monday to Friday 10am – 5pm**  
For more information and an application form, please contact  
**PANDA: 1300 726 306** [www.panda.org.au](http://www.panda.org.au)



## THE CHALLENGES SHE NEEDS.

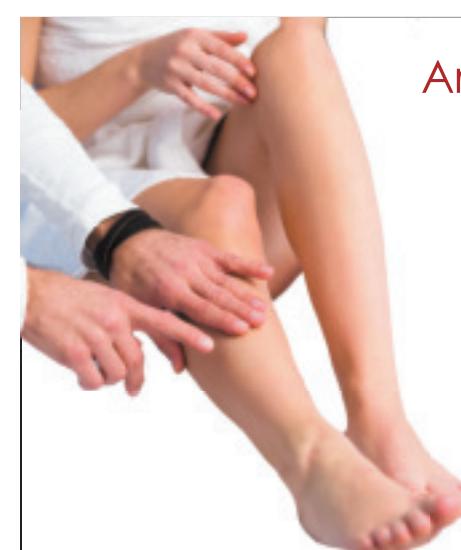
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\* based on percentage of study scores 40+ and median ATAR



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