

## Your 12 to 35 month old child is eligible if

**A.** Your household take-home income is no more than these amounts:

Household Size	Family Income
Single parent with 1 child	\$39,035
Single parent with 2 children	\$46,515
Single parent with 3 children	\$54,488
Single parent with 4 children	\$62,936
Couple with 1 child	\$46,856
Couple with 2 children	\$54,951
Couple with 3 children	\$62,391
Couple with 4 children	\$70,398

Single parents or couples with 5 or more children add \$7,460 for each child to the income limit for 4 children.

OR

**B.** Your family receives health benefits from the Alberta Government through Income Support, Alberta Adult Health Benefit, or Alberta Child Health Benefit.

OR

**C.** **At least 2 of these** describe your family:

- You get a government subsidy for other services (e.g., childcare)
- You're a single parent
- You've been in Canada for less than 3 years
- Either you or your partner did not finish high school

## How can I get more information?

For 24/7 nurse advice and general health information, call Health Link at



For online dental health information, go to [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca) and search the term "basic dental care".

Visit our website at [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth)



Future *smiles* begin today!

Free fluoride applications

For eligible children  
12 to 35 months

## What is a fluoride application?

- The fluoride varnish is a thin coating that is painted on teeth with a small disposable brush.
- It takes less than 1 minute for AHS dental staff to paint the teeth.
- You can hold your child while the fluoride is being painted on.
- Your child should receive 2 applications a year.

## Why should my child have fluoride applied?

- Fluoride varnish helps to prevent new cavities and stop cavities that have already started.
- Children as young as 12 months can get cavities.
- Cavities may cause pain and affect your child's eating, speaking, playing, sleeping and learning.

## Is fluoride varnish safe?

Fluoride varnish is safe and effective for preventing tooth decay. It can be painted on your baby's teeth as soon as they have their first teeth.

Future *smiles*  
begin today!

## Where are the free fluoride applications offered?

Alberta Health Services offers the fluoride applications for 12 to 35 month old children in many places (see list). Please phone to book an appointment.

Calgary Central Registry  
1-855-943-1300 (toll free)

OR

[PreschoolFluoride@albertahealthservices.ca](mailto:PreschoolFluoride@albertahealthservices.ca)

