

Community Oral Health - School Newsletter Tips 2014:



Free Fluoride Varnish Service (Kindergarten, Grade 1 & 2)

- Dental health professionals from Alberta Health Services – Community Oral Health will be visiting your child's school to provide **free** fluoride varnish.
- Fluoride varnish is a coating that is painted on teeth to provide protection from cavities. The process only takes a minute and the fluoride varnish will strengthen tooth enamel.
- Please read the parent letter with the consent form to see if your child will benefit from fluoride varnish.
- For your child to receive this service you need to complete, sign and return the form to your child's teacher. For more information call 403-943-6797.



2nd Fluoride Varnish Application Notice (Kindergarten, Grades 1 & 2)

- This is to notify you that your child will receive their **second** free fluoride varnish application on _____
- Two fluoride varnish applications in a year are effective in reducing cavities in young children.
- The consent form you signed 3 to 6 months ago has given us permission to apply the fluoride varnish twice in the school year. You do not need to fill out a second consent form.
- Please contact _____ with Community Oral Health at _____ if you have any questions or concerns.



Thank you for participating in the School Fluoride Varnish Program.

Sweet Treats and Your Teeth!

- Keep your teeth healthy by brushing with fluoride toothpaste after eating sweet sticky treats.
- Can't brush after eating sweet treats? You can try:



Chewing sugar free gum with xylitol

Eating a piece of cheese

Rinsing your mouth with water

The Alberta Child Health Benefit

Your kids deserve good health



Get **free** eyeglasses, prescriptions and dental visits for your child through the Alberta Child Health benefit plan. It helps pay health care bills for families with limited incomes. Knowing your children's health is cared for will bring peace of mind.

Signing up is easy. Visit www.humanservices.alberta.ca/financial-support/2076.html or call 1-877-469-5437 (toll free) for more information on how to apply for this plan or visit your nearest Public Health Unit.

There are also health benefits available for adults with a limited income through The Alberta Adult Health Benefit. Visit www.humanservices.alberta.ca/financial-support/2085.html to find out if you would qualify for this benefit. Or call (toll free) 1-877-469-5437

Snacking Makes You Smile

Snacks are important in providing a balanced diet for your child's growth and development.

- Foods and drinks with added sugar should be eaten with meals rather than as a snack
- Choose cheese as a high protein snack to help fight cavities
- Sipping on pop, juice and sport drinks causes cavities
- Sugar-free gum with xylitol fights cavities when you cannot brush
- Drink water



Seal That Tooth!



Sealants:

- Are a clear or white thin plastic coating placed on the chewing surface of back teeth where most cavities are found.
- Help to keep deep grooves clean so food and bacteria can't get inside.
- Are easy, comfortable and quick to place.

Ask your dental health professional for more information on sealants.

Mouthguards For Smile Protection

Do you and your child have smile protection when playing sports?

- Mouthguards work like shock absorbers.
- They help prevent painful and costly mouth injuries.
- Thousands of people every year suffer from injuries to teeth, lips, tongue and cheeks.

Where can you get a mouthguard?

- A custom fit mouthguard made by your family dentist gives the best protection and comfort.
- Sporting goods stores sell pre-formed mouthguards for you to fit at home.

Don't Rush Your Brush!

Brush your teeth at least 2 minutes twice a day to:

- Clean off the sticky plaque that always forms on the teeth
- Stop gingivitis-puffy, red bleeding gums by brushing along the gumline
- Prevent cavities
- Make your mouth feel fresh

Helpful hints to brush for 2 minutes:

- Brush to your favourite song
- Count to 10 every two teeth

Use a stop watch or timer to time your brushing



Re-Think Your Drink

Drinks with added sugar are low in nutrients and add empty calories to the diet.

- **Water** with fluoride prevents cavities.
- **Milk** has calcium that builds strong teeth and bones.
- **Natural fruit juices** are full of nutrients and are a healthy choice.
- Visit <http://www.albertahealthservices.ca/5444.asp> for more information on drink choices.



Drink to Your Dental Health!

Dental Care for Families in Financial Need

Alberta Health Services Community Dental Clinics offer reduced fee dental care for families in financial need.

Who is it for? It is for children and adults who:

- live full time in Alberta
- have limited income
- have no access to other subsidized dental care (such as Alberta Child Health Benefit, Alberta Works or a group dental plan)

What? It is basic dental care by qualified dental professionals and it costs 20% of the normal fee.

Examples: Check-ups (\$9-\$19), X-rays (\$4 each)

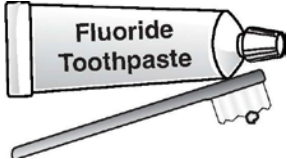
Locations: Sheldon M. Chumir Health Centre and Northeast Clinic (Sunridge Mall)

Contact: AHS Community Oral Health Services at 403-22-TEETH (403-228-3384) or email community.dental@albertahealthservices.ca

For more information visit www.albertahealthservices.ca/DTS-Calgary.asp



Fluoride Toothpaste

Use water only <i>from first tooth to 3 years</i>	Add a <u>rice</u> size amount of fluoride toothpaste <i>from first tooth to 3 years</i> <u>if your child:</u>	Use a <u>pea</u> size amount of fluoride toothpaste <i>from 3 years and older</i>
<ul style="list-style-type: none"> - brush twice daily - use a soft toothbrush - start dental visits by age 1 	<ul style="list-style-type: none"> - sips from a bottle or sippy cup throughout the day - has brown or chalky white spots on the teeth - has 3 or more snacks or drinks between meals and feedings - does not have teeth brushed regularly 	<ul style="list-style-type: none"> - teach your child to spit out the toothpaste and not to swallow it - help your child brush morning and night until age 8 

Taken from the Alberta Health Services, Provincial Oral Health Office resource; *What's on your child's toothbrush*

***For more oral health newsletter tips go to: <http://www.albertahealthservices.ca/4751.asp>