

Healthy Children

April 2020 Parent Newsletter



Protecting Teeth with Fluoride

Even though teeth are hard they are porous too, which means minerals pass in and out of your child's teeth every day. One of these minerals is fluoride. Fluoride helps to keep the outer surface of teeth, called enamel, hard and decay free.

Fluoride works best in direct contact with your child's teeth. Daily, constant exposure of small amounts of fluoride is one of the best ways to strengthen teeth. This happens when your child drinks water with fluoride, uses a fluoride mouth rinse and brushes with fluoride toothpaste. Sometimes teeth need additional protection from tooth decay. Your child's teeth may benefit

from professional fluoride treatments like fluoride gel, foam or varnish from their dentist. Remember to get the best benefits from using fluoride:

- Drink water with fluoride when available
- Make sure your child brushes twice a day with only a pea-size amount of fluoride toothpaste
- Spit when finished brushing and don't rinse
- Ask your child's dentist if your child's teeth would benefit from additional fluoride

Articles

Protecting Teeth with Fluoride

Understanding Consent

Did you know that you can subscribe to the federal government's list of food recalls to keep informed about foods recalled based on undeclared ingredients at: <http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php>

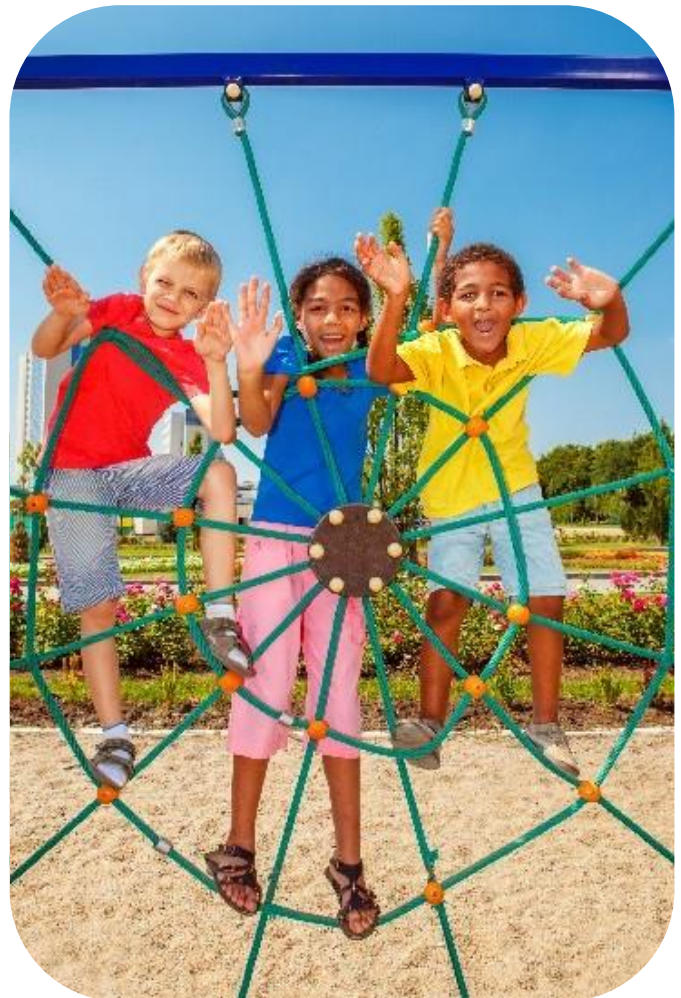


Understanding Consent

As a parent, you may have heard the word 'consent', but you might not know what it means or what it includes. Consent is permission for something to happen or an agreement to do something. It can lead to better relationships with family, friends, peers and, eventually romantic partners.

Consent includes knowing and respecting a person's own boundaries as well as the boundaries of others. It also means that a person has the skills to leave a situation that doesn't feel comfortable, and respects when other people want to do the same. Here are some tips to start the conversations with your child:

- Help your child understand that their bodies are their own and that they have the right to make decisions about their body. This includes letting your child hug or kiss family members or friends only if they want to. Never force them to.
- Encourage your child to pay attention to other people's cues about personal boundaries by watching other's body language. For example, a person may take a few steps back to protect their space or they may move over slightly when someone sits too close to them.
- Practice with your child what they can say and do if they were in a situation where they didn't feel comfortable.
- Encourage your child to ask for consent (e.g., ask first if you can give someone a hug).



- Teach your child to respect 'no' messages. For example, if your child is roughhousing with another child, and the other child says "stop" they must respect that message.

➤ For more information, visit [TeachingSexualHealth.ca](https://www.teachingsexualhealth.ca)