

# Healthy Children

June 2018 Parent Newsletter



## A Child's Graduation Smile Begins Today

Get an early start on preventing tooth decay by choosing fluoride and dental sealants to protect your child's teeth.

Fluoride from different sources strengthens teeth and repairs early damage caused by tooth decay acids. Fluoride works best on protecting the smooth surfaces of teeth.

Brushing two times a day with fluoride toothpaste and drinking tap water with fluoride are great sources of fluoride for your child's teeth. Professional fluoride treatments like varnish add extra protection. There are other sources of fluoride, but it is important to ask a dental

professional before your child uses them.

Dental sealants are thin plastic coatings that cover the deep grooves and pits on the chewing surfaces of teeth. Sealants create a smooth surface that is easier to keep clean, protecting teeth from tooth decay. Ask a dental professional about dental sealants for your child.

Using fluoride and dental sealants today are important steps to help your child graduate with good oral health for life.



For more information on oral health visit

[www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth)

## Articles

A Child's Graduation Smile Begins Today

First, Second and Third-hand Smoke

Skin cancer is largely preventable, with about 82% of melanomas linked to factors we can change. Exposure to ultraviolet radiation (UVR) is the main cause of skin cancer but other harmful effects include sunburn, premature skin aging, and eye damage. Choose sun-safety strategies that work: a broad spectrum, water-resistant sunscreen with an SPF of 30 or higher, use shade, clothing, a hat with a wide brim, and sunglasses. For more information visit <http://albertapreventscancer.ca/reduce-your-risk/limit-uv-rays/>



## First, Second and Third-hand Smoke

There are 7,000 chemicals in tobacco smoke, 69 of which we know cause cancer. There is no safe level of exposure to tobacco smoke. Tobacco smoke is either:

**First-hand:** this is what the smoker breathes in or inhales.

**Second-hand:** this is what the smoker blows out or what is released from the end of a burning cigarette.

**Third-hand:** this is the harmful residue and gases left on surfaces (such as on furniture, in carpet and clothing) after a cigarette has been smoked.

In children, second-hand smoke increases the chance of respiratory infections (like chest colds) and ear infections. Children with asthma will likely have more serious attacks more often.

Smoking in the home or in the car affects everyone in the family, including pets. The best way to protect your family from



being exposed to second- and third-hand smoke is to make your home and car tobacco free.

Work together as a family to make a plan:

- Talk about the good things about a tobacco-free home and car.
- Give everyone a chance to speak.
- Plan for guests who may want to smoke.
- Set up an area outside away from doors and windows in case someone wants to smoke.

- Remove all ashtrays from inside your home and clean the one in your car.
- Have signs to welcome guests to your smoke-free home and vehicle.

Celebrate your success as a family. It may take some time for everyone to adjust – there may be small setbacks. Always keep in mind that people who smoke are addicted to nicotine, which can make changes, such as smoking outside, hard to do.



**For more information and support in becoming tobacco-free visit [www.albertaquits.ca](http://www.albertaquits.ca) or call 1-866-710-QUIT (7848)**