

## Community Oral Health - School Newsletter Tips:



### Free Fluoride Varnish Service for Kindergarten to Grade 2 students!

- 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.



### 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.

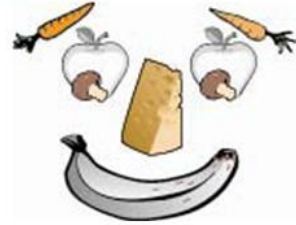
Signing up is easy. Visit [www.employment.alberta.ca/achb](http://www.employment.alberta.ca/achb) or call 1-877-469-5437 (toll free) for more information on how to apply for this plan or visit your nearest Public Health Unit.

There are also health benefits available for adults with a limited income through The Alberta Adult Health Benefit. Visit [www.employment.alberta.ca/FCH/2085.html](http://www.employment.alberta.ca/FCH/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?

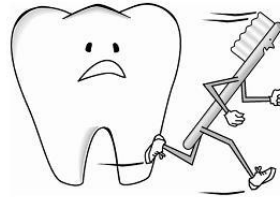
- A custom fit mouthguard made by your family dentist gives the best protection and comfort.
- Sporting goods stores sell pre-formed mouthguards for you to fit at home.



### 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.

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, Northeast Clinic (Sunridge Mall), Airdrie Health Centre

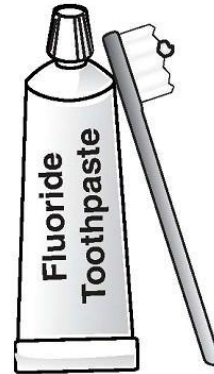
**Contact:** AHS Community Oral Health Services at 403-22-TEETH (403-228-3384) or email [community.dental@albertahealthservices.ca](mailto:community.dental@albertahealthservices.ca)  
For more information visit [www.albertahealthservices.ca/DTS-Calgary.asp](http://www.albertahealthservices.ca/DTS-Calgary.asp)



### Fluoride Toothpaste

- ✕ Your child can use a small pea size amount of fluoridated toothpaste after age 3. Before age 3, fluoridated toothpaste is not recommended unless advised by your dental professional.
- ✕ Supervise brushing until age 8 and encourage your child to spit out the toothpaste.

For more information ask your dental professional.



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