

Getting Your Child Ready for School **Oral Health Tips**

Children need your help to keep their teeth healthy. Here's how you can help:

- Continue to brush and floss your children's teeth until they are around 8 years of age.
- Use a pea size amount of fluoride toothpaste twice a day.
- Limit sweet and sticky snacks (such as raisins, fruit leather, granola bars or animal crackers) and sugary drinks. Encourage your children to drink water when they are thirsty.
- Give healthy snacks. Choose foods from Canada's Food Guide.
- Be a role model for your child and set up good oral hygiene and eating habits for yourself. Let your child watch you brush and floss your teeth.
- ***Start regular dental check-ups by one year of age.***



For more dental health information visit Section 7 of the North Shore School Health Manual at www.vch.ca/schoolhealth/ns.

Tooth decay can cause many problems for students:



- pain,
- lack of sleep,
- difficulty chewing food
- difficulty talking and smiling

Learning can be affected when children miss school days or can't focus in the class. Young children may not be able to say they have tooth pain.

Did you know...?

***The baby molars
(back teeth) do not
fall out until age 12!***

Free and Low-Cost Dental Treatment for Children without Dental Coverage:

Healthy Kids Program:

Children (under the age of 19) in families who receive MSP Supplementary Benefits are eligible for basic dental care through the Healthy Kids Program.

For more information phone: **1-866-866-0800** or you may visit:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses>

UBC Children's Dental Program:

Children who do not have a dental insurance plan may be able to receive free dental treatment through the UBC Children's Dental Program for school age children. Children must be referred by the Public Health Dental Program.

For more information or for help finding a dentist please call the Public Health Dental Program number above. You may also visit: www.bcdental.org to find a dentist. See reverse for list of children's dentist on the North Shore.

North Shore Children's Dentists

Dr Zina Alkafaji

#105-252 W. Esplanade
North Vancouver, BC V7M 0E9
Tel: 604-770-0890
Email: info@lolosmiles.ca
www.lolosmiles.ca

Dr Tila Bahri Iraei

#310-575 16th St.
West Vancouver, BC
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Email: info@toothfairykids.ca
www.toothfairykids.ca

Dr Don Milton

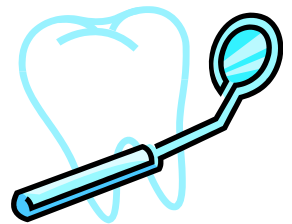
#203-126 East 15th St.
North Vancouver, BC V7L 2P9
Tel: 604-904-8416
Email: nscd@shaw.ca
www.northshorechildrensdental.com

Dr Gerry Pochynok

#206-2609 Westview Dr.
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Dr Shahram Shadfar

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Take your child to see the dentist by 12 months.

To find a dentist visit www.bcdental.org