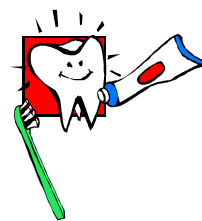


DENTAL HEALTH

Good dental health habits should begin at an early age. Regular tooth brushing, flossing, healthy snacks and dental health education should all be a part of your program (refer to “Strong Baby Teeth Start With You” pamphlet).

Regular visits to a dentist should be part of maintaining good overall health for every child. Fluoride varnish should be applied to baby teeth on a regular basis to strengthen the enamel of the teeth and to prevent cavities.

The Children In Need of Treatment Program (C.I.N.O.T) ensures that no child in the District of Thunder Bay requiring urgent or immediate dental care, go without necessary treatment because of a financial barrier. Make sure that parents are aware of the services available (refer to Thunder Bay District Health Unit Preventive Dentistry Services pamphlet for information on the C.I.N.O.T. program).



Food Selection and Dental Health

- Select foods and snacks that are nutritious, interesting and low in sugar.
- Serve foods high in sugar only at mealtimes. Don't offer sugary foods as snacks. Avoid cookies, candy, and dried fruits (for example, raisins and fruit leathers).

Dental Care

- Children should visit the dentist before there is a problem. During regular daily cleaning of the child's teeth, if you think there might be a problem, call your dentist.
- Otherwise, children should see the dentist as early as age one. The first visit should be a casual, friendly, get-acquainted visit.
- If you don't have dental coverage and can't afford dental treatment, please refer to the information on the next page on CINOT.

Managing Dental Pain or Trauma

Injuries to the teeth or untreated toothaches may affect tooth and mouth development. A child who has a toothache or injury to his/her teeth, should be seen by a dentist as soon as possible. Below are suggestions until the child can be seen by a dentist.

Toothache:

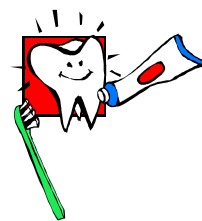
- Place a cold compress on the cheek over the swollen area

Broken tooth:

- Gently clean any dirt or debris from the injured area with lukewarm water
- Apply a cold compress or ice to the face over the injured area to keep the swelling down.

Knocked-out tooth:

- A baby tooth should not be replanted back into the gum (treat injury as above)
- A permanent tooth can be replanted if you move quickly:
 - Do not touch the root of the tooth
 - Place the tooth in a container of milk (or water if milk is not available)
 - Take the tooth with you to the dentist within 30 minutes of it being knocked out.



FLUORIDE VARNISH PROGRAM

Tooth decay is one of the most common preventable diseases seen in children. To prevent and reduce early childhood cavities, we recommend fluoride varnish for all children up until age five (or until seeing a dentist regularly). Varnish should be applied every four months to be effective or at least two times per year. This service is offered free of charge at the Thunder Bay District Health Unit and is provided at some Thunder Bay daycare sites (refer to the “Start Early! Paint a Healthy Smile” pamphlet).

The initial application is done by a registered dental hygienist to ensure a dental screening is also provided during the application process. The subsequent applications can be done by a registered dental hygienist or a trained provider in a daycare setting.

CINOT (Children in Need of Treatment) Dental Program (refer to enclosed pamphlet on Thunder Bay District Health Unit Preventive Dentistry Services)

If a child’s teeth are chipped, loosened or decayed, he/she should see a dentist as soon as possible. If the parents or guardians do not have dental insurance or cannot afford treatment, the child may be eligible for the Children in Need of Treatment (C.I.N.O.T.) program offered through the Thunder Bay District Health Unit. Daycare staff should make sure that caregivers are aware of this program and advise them to contact the Health Unit for further details at 625-5984.