



# ORAL HYGIENE: GREAT TEETH FOR LIFE!

Newsletter for parents of children attending kindergarten

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**Cavities are preventable but are often present in children.  
Here are a few simple tips to keep your child's teeth healthy for life.**

## BRUSHING:

Twice a day, brush teeth for 2 minutes with a fluoride toothpaste:

- Use a pea-size amount of toothpaste.
- Spit out the toothpaste but avoid rinsing the mouth to benefit from the effects of fluoride on the teeth.
- Supervise your child's tooth brushing until grade 2, giving a final brushing yourself if necessary.



## AT THE DENTIST:

Dental checkups and dental repairs are **free** for children up to age 10. A visit to the dentist at least once a year is recommended.



## SNACKS:

For healthy teeth, select snacks that:

- Are low in sugar.
- Do not stick to the teeth.

If it is not possible to brush teeth after a meal, try ending the meal with cheese, fresh fruit or raw vegetables. These will help prevent cavities. **Another tip: drink water!**



## DENTAL HYGIENISTS IN SCHOOLS:

The Government offers **free** dental services in the majority of Quebec schools. The following services are performed by dental hygienists:

- Fluoride application on teeth for children (kindergarten to grade 2 elementary school).
- Dental sealants for children (grade 2 elementary and secondary 2).



Source :  
Matériel éducatif pour la promotion de la santé buccodentaire et la prévention  
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