North Bay Parry Sound District
Health Unit
Bureau de santé
du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire
myhealthunit.ca

Four to 6+ Years Old





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- Children should continue brushing their teeth twice a day and flossing once a day, under adult supervision.
- No more than a pea-sized amount of fluoride toothpaste is recommended.
- Encourage your child to spit out the extra toothpaste and avoid swallowing it.
- For continuous fluoride protection, discourage rinsing the mouth after brushing.
- Let them use a timer as a fun way to brush for two minutes, twice a day.
- Practice a healthy dental routine with your child. Lead by example.
- Food and drinks high in sugar can lead to tooth decay. When preparing meals and snacks for school, try to follow the *Canadian Food Guide* and have water available.
- Eating a piece of cheese at the end of a meal is a good way to protect their teeth when brushing is not possible.

Dental sealants

Around six years of age, the first permanent (adult) teeth begin to appear. Found further back in the mouth, the molars are larger and have deep grooves that can be more difficult to reach and to keep clean.

Consult with a dental professional about getting dental sealants for your child's new molars as soon as they come in.

A dental sealant is a thin plastic coating that covers the chewing surface of the teeth, filling the deep grooves and pits where food and bacteria can get trapped. This will reduce the risk of future cavities. It's a quick and easy procedure done in a dental office.



Call the Health Unit to inquire about available dental programs for *eligible* children, adults and seniors at **1.800.563.2808** ext. **5227.**

my*healthunit*.ca/DentalHealthPackages