



Stan & Fran's Health Hints



April 2010

Teeth

are important for your child's growth and development. Here are a few tips to keep teeth healthy and safe:



Supervise your child's brushing twice a day with a pea-size amount of fluoride toothpaste until they can write their own name,



Replace your child's toothbrush every three months,



Floss their teeth once daily until they have the skill to floss on their own,



Your child should see the dentist at least once a year, more often if they have cavities,



Use mouth guards if your child is active in any type of contact sport including basketball, softball, wrestling, soccer and volleyball.



For more information go to the Interior Health Public Website: Health Tips for Happy Teeth

http://www.interiorhealth.ca/uploadedFiles/Choose_Health/School_Health/Dental/HealthTipsforHappyTeeth.pdf

Dental emergencies can happen. For more information on how to respond to dental emergencies go to:

http://www.interiorhealth.ca/uploadedFiles/Choose_Health/School_Health/Dental/Dental%20Emergencies.pdf

NUTRITIOUS

food is important for dental health. Sugar is one of the main causes of dental problems. The average Canadian eats the equivalent of 40 kg of sugar each year!



Avoid pop and fruit flavoured beverages, which may contain up to ten teaspoons of sugar per can.



When you shop, choose foods that do not list sugar in the first three ingredients. Honey, molasses, corn syrup, glucose and fructose are all types of sugar.

PACK

your child's lunch with healthy snacks that are safe for teeth:



Fresh fruit such as an apple, orange or banana;



Raw vegetables such as celery or carrot sticks;



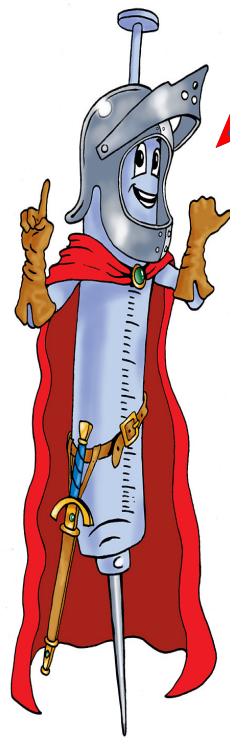
Plain yogurt or cottage cheese with fruit;



Hummus with whole wheat pita bread wedges;



Melba toast with cheese.



Hi! My name is Sir Ringe. Spring brings trips to parks and playgrounds. Sometimes hazards like discarded needles and condoms are present. To promote health and safety:

- ◆ Teach your child to never touch a needle or condom;
- ◆ Encourage your child to tell an adult when they see a needle or condom;
- ◆ Carefully remove the hazardous item and place it in a rigid sealed container for disposal in household garbage, NOT RECYCLING.

"Little and Big people" can help make communities safe for everyone to play, learn and work in. Be a safety ambassador in your local park or playground.

For further information, call your nearest Interior Health Public Health Office.