



Grey Bruce Health Unit Dental Program

Dental screenings are provided annually to children in JK, SK and Grade 2 (as well as certain selected grades) in all elementary schools in Grey Bruce. Parents of children who are not screened at school may request dental screening at one of our Preventive clinic locations.

Children and Youth 17 years old and under may be eligible for free dental programs under the Healthy Smiles Ontario program.

If you have oral health questions or concerns, speak with an Oral Health team member from Grey Bruce Health Unit, Monday to Friday, 8:30 a.m. to 4:30 p.m. by calling **1-800-263-3456, Press 8 for Dental**

This material has been provided by Grey Bruce Health Unit. For more information, visit <https://www.publichealthgreybruce.on.ca/Your-Health/Dental>

Grey Bruce Health Unit

For more information, please contact Grey Bruce Health Unit at 1-800-263-3456 Monday to Friday 8:30 a.m. to 4:30 p.m.

[publichealthgreybruce.on.ca](https://www.publichealthgreybruce.on.ca)

Adapted with the permission of York Region Community and Health Services



Don't Rush Your Brush!

- Brush twice a day for two minutes, especially before bedtime
- Rinse your mouth with water after meals and snacks to reduce acid and remove food debris
- Wait 30 minutes after meals/snacks/beverages before brushing
- Brush gently
- Use fluoridated toothpaste
- Children under three years of age or who cannot spit should only use water or a rice grain-sized amount of non-fluoridated toothpaste unless otherwise advised by their oral health professional

Tips for flossing

- Floss at least once per day, either before or after brushing
- Gently guide the floss between teeth in a see saw motion, be careful not to snap it into the gums
- Hug the floss against the side of tooth and move in an up and down motion
- If flossing hurts at first, or if your gums are bleeding, don't give up! Keep up a regular routine of daily brushing and flossing and the pain should stop within a week as your gums get healthier

Oral health is linked to overall health

- Visit an oral health professional regularly

This material has been provided by Grey Bruce Health Unit. Visit <https://www.publichealthgreybruce.on.ca/Your-Health/Dental> to learn more about services provided to children 17 years of age and under by Grey Bruce Health Unit or call at 1-800-263-3456, press 8 for dental.



BRUSH UP ON THE FACTS: KEEP KIDS' TEETH HEALTHY.



Small actions today can affect
your child's health tomorrow.



Good Oral Health Leads to Good Overall Health

The Ontario Association of Public Health Dentistry is working in your community to make the healthy choice the easy choice when it comes to your child's oral health. Did you know that small changes, every day, can make a big difference and help prevent tooth decay, pain and discomfort for your child?

Let's look at the facts:



FACT: Dental pain can cause missed school and may lead to problems with chewing, sleeping, concentrating and learning.



FACT: Cavities are the leading cause of day surgery for children 1-5 years old.



FACT: Free dental care is available for eligible children and youth 0-17 years old.

This material has been provided by Grey Bruce Health Unit. Visit <https://www.publichealthgreybruce.on.ca/Your-Health/Dental> to learn more about services provided to children 17 years of age and under by Grey Bruce Health Unit or call at **1-800-263-3456, press 8 for dental**