



Simcoe Muskoka District Health Unit
www.smdhu.org/Topics/Dental/Dental-Clinics

Grow Up
Smiling

First dental visit

Visit a dental provider by age one or within six months of seeing your child's first tooth. Regular dental visits support good dental health and overall health.

Dental clinics

We offer full-service dental clinics for children on government funded programs. Clinics are located in Barrie and Gravenhurst.

Please call the Simcoe Muskoka District Health Unit at 705-721-7520 or toll-free 1-877-721-7520 ext. 8818 for more information.



Healthy Smiles Ontario
Find out if you are eligible
www.ontario.ca/page/get-dental-care



Canadian Dental Care Plan
Find out if you are eligible
www.canada.ca/dental

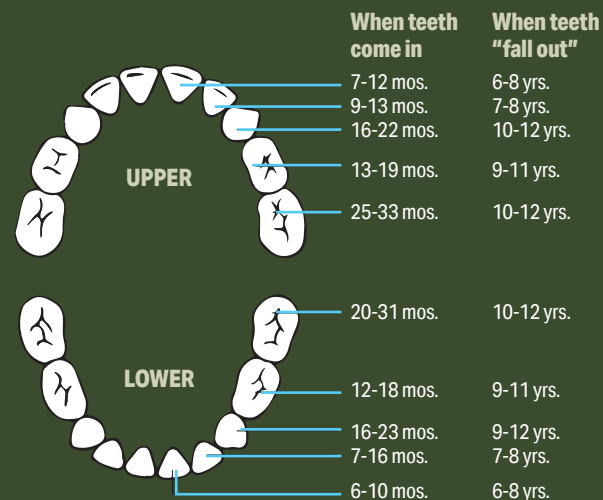


Baby teeth are important

Baby teeth help your child eat, talk and smile. They also hold space for adult teeth so that they grow into the right position. Developing good habits early help keep teeth healthy.

Tooth chart

Most children will have 20 baby teeth by the age of three. Baby teeth will start falling out around age six.



Caring for your child's teeth

Toothbrushing

Help your child brush their teeth at least two times daily for two minutes with a soft toothbrush, especially before bedtime. Do not forget their gums and tongue. Replace their toothbrush every three to four months or after an illness.

Toothpaste

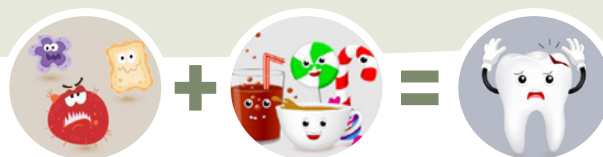
Use fluoridated toothpaste once the first tooth appears. Use an amount the size of a grain of rice. If your child can spit, use a pea-sized amount. Do not swallow. Spit out leftover toothpaste. Do not rinse with water.

Flossing

Floss your child's teeth daily. Flossing removes plaque and food from between the teeth where a toothbrush cannot reach.

How do cavities start?

Plaque, a sticky layer made up of bacteria and food, is always forming. When it's left on teeth, bacteria and sugar form an acid. This acid attacks teeth and causes cavities.



Bacteria
in plaque

Sugar
in food and drink

Acid
causing cavities



How can you prevent cavities?

Visit your dental provider to talk about preventive treatments such as:

Fluoride

Fluoride is a naturally occurring mineral that helps to strengthen and protect teeth against cavities. Most children in Simcoe Muskoka do not have access to fluoridated water and are at greater risk for cavities.

Dental sealants

Sealants are a tooth-colored coating easily applied on adult molars. They help prevent cavities by creating a smooth, easier to clean surface.

Services available at the health unit

Dental screenings

A dental screening is a quick visual look inside the mouth. It is a safe and simple way to identify dental issues. It does not replace an examination by your dentist. Screenings are FREE and available to all children and youth aged 17 years and under.

Dental health tips

- Once feeding is well established, do not forget to clean your baby's gums after each feeding, especially before bedtime using a soft, clean, damp washcloth.
- By age one, use an open cup instead of a bottle or sippy cup. Do not put your child to bed with a bottle.
- Do not share food and drinks as you can transfer germs from your mouth that may cause your child to develop cavities.
- Apart from milk, choose water for children six months and older.
- Choose snacks that are nutritious, low in sugar and that don't stick to teeth. Refer to the *Canada's Food Guide* for healthy eating tips.
- Check your child's mouth and teeth regularly. If you see holes or white/brown spots on teeth and/or bumps near the gumline, visit a dental provider or contact us at the number below.

Please call the Simcoe Muskoka District Health Unit at 705-721-7520 or toll-free 1-877-721-7520 ext. 8804 to book a FREE dental screening to see if your child qualifies for any government funded programs.