Dental Sealant Program for Enrolled Students

Your child is enrolled in your health region’s Dental Sealant Program. The consent form you signed last year remains active for this school year.

If your child’s medical history has changed, contact your local public health office at (          ) ________________. Tell your oral health professional what the changes are.

Your child is eligible to receive the following services this year at no cost:

- Dental assessment. You will be provided with a letter outlining the findings and if treatment is needed. *This screening does not replace a comprehensive annual dental examination. Your child should have a comprehensive check-up every year. If you do not have a dental home place contact your local health region who can help you find one.
- Dental sealants (if required as determined by an oral health professional).
- If present, a review of existing dental sealants
- Fluoride varnish application
- A review of tooth friendly snacks
- A dental health kit (including toothbrush, floss, and other dental items)

If you need more information or wish to withdraw your child from the program, please sign and return this form to your child’s school.
Help Your Child be Cavity Free

Children need to have their teeth and gums cleaned daily to prevent tooth decay and gum disease. Parents need to help children learn oral hygiene skills.

Brushing Basics
- A parent should supervise brushing for children under age 8.
- Brush twice a day – in the morning and at bedtime.
- A thorough brushing takes 2-3 minutes.
- Use a soft-bristled toothbrush.
- If you are not sure if your child is at risk for tooth decay, ask a health professional.
- Use a pea-size portion of fluoride toothpaste for children over age 3. The toothpaste should be approved by the Canadian Dental Association.

Flossing Facts
- Flossing helps to prevent gum disease and cavities from starting between teeth.
- Flossing cleans between teeth and under the gums where the toothbrush cannot reach.
- A parent will need to floss their child’s teeth until around age 9. Usually by this time the child should be able to floss on his/her own.

Beat Sweets
- Encourage healthy snacks.
- Reduce how often snacks are offered, especially sticky foods that cling to teeth.
- Eat sweets at the end of a meal. Increased saliva flow during meals helps reduce the effects of harmful acids.
- Choose milk or water more often than sugary drinks.

Dental Visits
- It is recommended that your child visit a dental professional by the age of 1 year.
- If you are not sure if your child is at risk for tooth decay, ask a health professional.
- Visit the dentist regularly – at least once a year.

Brush twice a day – In the morning and at bedtime – Children need help brushing until about the age of 8.

Outside
Angle brush, place half on teeth, half on gums, vibrate side to side

Inside
Brush the inside surfaces of the front and the back teeth

Chewing surfaces
Vibrate back and forth

Floss once a day - Children younger than 9 will need a parent’s help.

Outside
Wrap floss around middle fingers (about ½ meter or 18 inches)

Inside
Gently guide floss between teeth

Chewing surfaces
Move floss up and down, sliding under gumline, on both adjacent teeth