

Your child's teeth

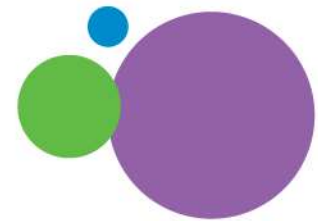


Good dental health for children leads to good overall health. Having healthy teeth can help them eat, talk, smile and learn in school.

It is important that your child's teeth are brushed twice a day, for at least 2 minutes. Use toothpaste with fluoride (size of a pea) to help reduce cavities. Daily flossing of your child's teeth is also important. Depending on your child's age, you might need to help them brush and floss their teeth to make sure their teeth are clean. Dental problems can cause poor sleeping, trouble eating, and make it hard to pay attention in school and at home.

Check your child's teeth at least once a month. Visit a dentist if you see **ANY** of these signs:

- Broken or chipped teeth
- Holes in their teeth
- Pain
- Swelling



It is important for children to go to a dentist. Public Health has dental care for children and youth. Find out if your child can get FREE dental care by calling 905-546-2424 x5369, emailing dentalclinic@hamilton.ca or visiting www.hamilton.ca/dental

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