



Health Canada Santé Canada



Healthy Start

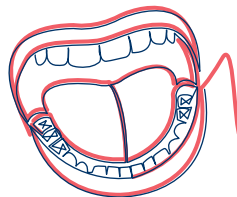
HEALTHY FAMILY!

- ✓ Dental health is an important part of your family's overall health.
 - A healthy mouth helps children feel good about themselves, sleep well and learn in school.
 - » Toothaches are linked to sleeping problems, difficulty concentrating during the day, as well as behavioural and developmental problems in children.
 - Cavities and gum disease have been linked to serious health conditions, like diabetes and lung disease.
 - » Studies are also examining a potential link between poor dental health and heart disease, as well as poor dental health and women delivering pre-term, low-birth-weight babies.
- ✓ Tooth decay and gum disease are preventable!
 - Visiting a dental professional is important for your family's overall health.
 - » Adults and children should see their dental professional on a regular basis.
 - Remember to brush with fluoride toothpaste and floss every day.
 - » Ask your dental professional for advice on how much toothpaste to use.
- ✓ Choosing healthy foods and drinks will help your family have good dental health.
 - Sugar causes tooth decay. The more often you eat it, the more likely you are to get cavities.
 - » If you choose a sugary treat, make sure it is eaten with a healthy meal. This will help prevent tooth decay.
 - Making healthy choices will help your family grow in mind, body and spirit!
 - » Learn more about healthy eating from Canada's Food Guide.

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Healthy Mouth HEALTHY FAMILY!

- ✓ Add a few, simple, activities to your family's routine to improve and maintain good dental health:
 1. Reduce the amount of sugar you eat, and the number of times you eat sugary foods during the day.
 2. Eat healthy foods like fruits, vegetables, lean meats, whole grains, milk and cheeses.
 3. Drink water for thirst, it has no sugar or calories.
 4. Brush your children's teeth for them, until they are able to write (not print) their names.
 5. Use toothpaste with fluoride, and floss every day.
 6. Seek advice on how to quit smoking or chewing tobacco.
- ✓ Start off right! Enrol your child in the Children's Oral Health Initiative (COHI).
- ✓ Talk to your COHI team member for more information.

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