

## **ORAL HEALTH RESOURCES**

POLISHED DENTAL is an elementary based comprehensive dental prevention program that comes to BCHMCPS 3 times a year.

The following services are provided:

- Dental evaluations
- Dental examinations
- Dental cleanings
- Sealants (as needed)
- Fluoride Varnish application
- Toothbrush and toothpaste
- Referrals to dentists

**There is no charge to parents for any care that is provided.**

### **ELLEN JONES COMMUNITY DENTAL CENTER**

- Located in Harwich and now in Hyannis. 508 778-5499
- The Pediatric Care offered at the clinic include: Teaching of good oral hygiene education on how to take care of your teeth, check-ups and cleanings, x-rays if needed, fluoride varnish application, fillings and crowns.

### **CAPE COD COMMUNITY COLLEGE DENTAL HYGIENE PROGRAM**

Free dental clinic provided by students in the Dental Hygiene Program under supervision of licensed dental hygienists and dentists. They also provide free sealants for children.

To schedule an appointment call : 508-362-2131 x 4371

Having a clean healthy mouth  
is something to **SMILE**  
about!



## **Your Child's Healthy Smile**



*How to keep it  
healthy*

### **ORAL HEALTH EDUCATION TIPS AND RESOURCES FOR PARENTS, CHILDREN AND TEACHERS**



**Barnstable Community Horace Mann  
Charter Public School**

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## WHEN CHILDREN'S ORAL HEALTH SUFFERS SO DOES THEIR PROGRESS IN SCHOOL:

*Oral Disease keeps kids out of school and later out of work.*

*Tooth decay is the most common childhood disease, affecting five times more children than asthma.*

*The good news is we know how to prevent this disease. When communities make examinations and treatments available, kids get the checkups and fluoride protection they need. By recruiting dentists, hygienists and nurses to spread the word on healthy oral habits children get off to a healthy start. We have the cures, we just need parents to sign up for these programs, to make sure every child learns how to have a*

## Begin Dental Care Early

While you are pregnant, see your dentist because untreated gingivitis can have a negative impact on your pregnancy outcomes

Your child's baby teeth are important:

- **Never** put your baby to sleep with a bottle
- **Never** share your spoon with your baby or use your mouth to clean your baby's pacifier. Bacteria from your mouth can be passed on to your baby
- help your child brush their teeth twice a day.
- Help your child develop good speaking and eating habits.
- Use a child sized soft brush.
- Use toothpaste that contains fluoride. A tiny pea size is all you need.
- Brush the tongue to remove bacteria.
- Daily flossing is important because it gets rid of the particles trapped in between your teeth.
- Floss your child's teeth until the age of 8 or until your child can do it themselves.
- Schedule a dentist visit at age 1.
- Create a healthy eating pattern.



## YOUR TEETH AND HEALTHY NUTRITION

- Create healthy eating patterns for your child.
- Read food labels and look for food and snacks that do not contain sugar.
- Give your child water or low-fat milk instead of juice or soda.
- Include snacks that contain calcium and phosphorus including cheese and yogurt.

## FLUORIDE

Helps prevent tooth decay by protecting teeth from bacteria and acid. If fluoride is not in your water, your dentist can prescribe fluoride supplements

## PREVENTING INJURIES

If your child plays a sport: hockey, soccer, football, lacrosse, field hockey or any other high impact sport, they **must** wear a mouth-guard at all times

*Go to the emergency room if your child's mouth is injured and contact your dentist immediately*