

At this age, your child
should visit the
dental clinic
twice a year.



Make brushing a family activity, especially before bedtime and don't forget your appointments at the dental clinic!

Paahpihkwei!!!
Keep smiling!!!
Garde ton sourire!!!



CH-51

Version française disponible



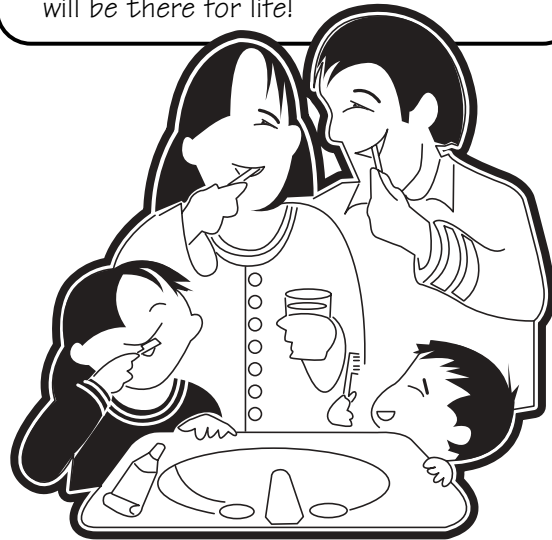
Begin Dental Care Early

My First Adult Tooth is Coming Soon!



Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

- ▶ The first adult teeth your child will get are called molars.
- ▶ Molars are the teeth used to grind foods.
- ▶ They grow behind baby teeth.
- ▶ It is very important to brush the new molars.
- ▶ They are the first adult teeth and will be there for life!



Help your child brush them properly.
Make brushing a family activity, especially before bedtime!

Don't forget you can give him fluoride vitamins! If you do, remember to do it every day.

- ▶ Teach your child healthy eating habits.
- ▶ Offer him nutritious foods and eat well yourself!
- ▶ Choose fruits and vegetables for snacks.
- ▶ Stay away from sticky foods and sweets.



Protect his new molars with a sealant

A great way to protect your child's new adult molars from cavities is to have the dentist or the dental hygienist put on a sealant while they are healthy.

A sealant is a clear or white plastic-like coating that is applied on top of the molars.

The sealant prevents dental plaque, bacteria and sugars from getting on the chewing surfaces of the back teeth where cavities usually start.

If you take good care of your teeth and gums, a sealant can last a lifetime.



Together with the Public Health Dental Prevention team: aiming for a cavity-free generation!