

## Start The School Year Off With A Healthy Smile

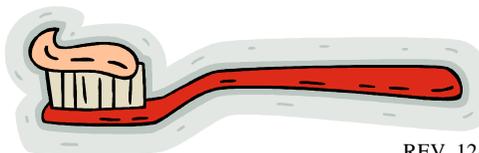
Every child wants to look their best as they head back to school in the fall. Parents help by scheduling haircuts and buying new outfits, but most overlook the simple steps to help their child maintain one of their most visible features-their smile. Studies show that one of the first things people notice about someone is their smile, and that a good smile creates a positive self image .... something all parents wish for their children. Back-to-school time is the perfect time to incorporate good oral health habits into a child's daily routine. The sooner you make them a priority the sooner your child will benefit.



## How you Can Help Prevent Tooth Decay



- Tooth decay can be caused by sugary foods such as soda, juice, and cookies – so, be sure to limit how much sugary foods your child eats as well as the number of times a day your child eats these foods.
- Never put an infant to bed with a bottle filled with juice, milk, or other drinks that contain sugar.
- Start to brush your child's teeth as soon as the first baby tooth comes into the mouth. Help your child brush until they are 6 or 7 years old. After that, they should be able to do it themselves.
- Brush your child's teeth at least twice a day – before bedtime is the most important time to brush.
- Use a small pea-size amount of fluoride toothpaste on a child-size soft nylon toothbrush.
- Lift your child's lip to brush at the gum line and behind the teeth.
- Brush the teeth for 2 full minutes, then have your child spit out the toothpaste-do not rinse with water.



BRISTOL-BURLINGTON HEALTH DISTRICT  
240 Stafford Avenue, Bristol, CT 06010  
[www.bbhd.org](http://www.bbhd.org)

## Bristol Schools Dental Program K – 8<sup>th</sup> grade



For more information call:  
Your School Health Room  
Or 860-584-7682

## Bristol Schools Dental Program

Tooth decay is still the most common chronic childhood disease and, left untreated, can affect a child's ability to eat, speak, sleep and learn. However, studies show that more than 60% of school-age children do not see a dentist annually. Simple preventative check ups twice a year can help prevent childhood decay and help your child learn how to protect their teeth throughout the year.



The Bristol-Burlington Health District, in cooperation with the Bristol Board of Education, offers a free school-based dental program for your child. Any child, who is enrolled in a Bristol public, parochial, or non-public school from Kindergarten through 8<sup>th</sup> grade is eligible for these services.

### Program Objectives



- To provide visual oral screening to children during the school year.
- To conduct educational sessions on proper nutrition, dental care and oral disease prevention and provide helpful informative materials to participating students.
- To identify children in need of dental services and to recommend to the parent or guardian the need to obtain treatment from local area dentists.
- To combine the resources of the Bristol-Burlington Health District, Bristol Board of Education and the local dental community to provide services.

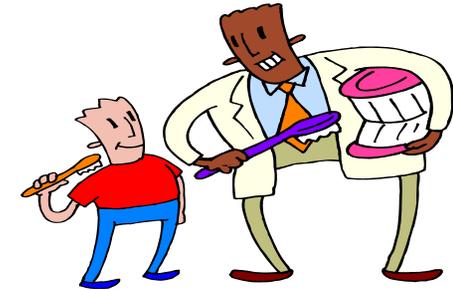
### Services Offered

- A BBHD registered dental hygienist provides the oral health services.



- Children are seen once a year for a visual oral screening and oral hygiene instruction. Dental cleanings are routinely performed on children with evidence of dental disease.
- All parents receive notification of exam results.

### How to Participate



The parent/guardian of a child, who is enrolling in the Bristol school system, receives a dental permission form along with your child's school registration forms. Completed dental permission form should be returned to your child's school health room. If you did not receive this form, please contact your child's school health room. The dental permission form will be sent to you along with the emergency update forms at the beginning of each school year.