

A DENTAL CHECK-UP

It's important that your child visits the dentist **at least once a year** for a complete check-up.



COST OF SERVICES	Children age 9 and under	Children age 10 and over	Client of a financial assistance program for at least 12 months*
Annual examination, x-rays and fillings	Free	Payable	Free
Cleaning	Payable	Payable	Free of charge for age 12 and over
Fluoride	Payable	Payable	Free for 12 to 15 years old
Sealants	Payable	Payable	Payable

* Eligible programs: social assistance, social solidarity and basic income. More info at ramq.gouv.qc.ca.

DENTAL HEALTH at school



A program from the ministère de la Santé et des Services sociaux for **kindergarten** and **second grade students**

A PROGRAM FROM THE MINISTÈRE

Each year, the ministère de la Santé et des Services sociaux requests that CLSC dental hygienists screen all second-grade students for dental sealant needs. Once adult molars have erupted and are healthy, students are eligible to receive free dental sealants at school.

The application of dental sealants is recognized as the best practice for cavity prevention.

The dental hygienist can also support schools in implementing a supervised brushing program with fluoride toothpaste for kindergarten students age 4 and 5. Your child's school will inform you about their participation in this program if applicable.



Varied snacks for a healthy smile!



Provide **sugar-free snacks** that don't stick to your teeth.

Choose snacks from among different varieties of **fruits, vegetables** and **cheeses**.



How to brush your teeth properly

Ask Mom and Dad to be with you when you brush your teeth with your fluoride toothpaste.

1. Put a pea-sized amount of fluoridated toothpaste on your toothbrush.
2. Make sure the toothbrush's bristles touch your gums when you brush your teeth.
3. Don't forget to brush your tongue.
4. Spit out your toothpaste, don't rinse your mouth and try not to drink water for 30 minutes.

Tell Mom and Dad it's so that the fluoride toothpaste will continue to protect your teeth.

