



DENTAL HEALTH

PREPARING FOR KINDERGARTEN

SERVICES OFFERED TO THE KINDERGARTEN CHILDREN

- If your child has never been to the dentist, we recommend that you make an appointment for your child to see one for a complete examination and a teeth cleaning.
- To acquire good oral hygiene habits, we recommend that your child brush his/her teeth morning and night. Begin this habit from a very young age so that it becomes a routine for your child (brushing of the teeth at night should be supervised by a parent).
- Choose nutritious, unsweetened snacks (fruits, raw vegetables, cheese) that will not only provide your child with the proper amount of energy but they are good for your teeth (do not contribute to dental caries).
- Foods that stick to your teeth such as cookies, granola bars, muffins are better eaten in areas where it is possible to brush your teeth after.

Educational meetings with the groups

- Teaching of the basics of oral hygiene.
- Demonstration of the proper way to brush your teeth.
- Screening for the need of dental treatment with a referral to a dentist if necessary.
- Screening for children who are susceptible to dental caries.

Individual meetings with those children identified as being vulnerable to caries (Public dental health program)*

- Go over the basics of oral hygiene and how to properly brush your teeth.
- Application of the public dental health program for the children found to be vulnerable to carries.

* Public dental health program

- Aimed solely at the children: identified as vulnerable to dental caries according to very specific criteria.
- If your child is eligible for the program more detailed information will be sent to you.