



Steps to a happy, healthy mouth

- Wear a mouthguard when playing active and contact sports.
- Use toothpaste with fluoride.
- Make water your drink of choice.
- Brush your teeth twice a day with a soft bristle brush.
- Floss daily.
- Look for oral health products that have the Canadian Dental Association seal.

Healthy Smiles Ontario is a program for lower-income families with children 17 and younger. The program provides dental checkups, teeth cleaning, and dental treatments for children in need of support.

If your family finds it hard to pay for dental visits, including checkups, **call Grand Erie Public Health at 519-909-9600 ext. 3293 or 905-318-6683 ext. 3293.**





Choose water to quench your thirst

Water is important for our health, it helps our bodies work well and keeps our teeth clean and strong.

How to make water an easy choice:

- Use a refillable water bottle
- Have chilled water available in the fridge
- Offer water during meals
- Bring water when playing sports or out at the park

For a change, flavour up your water by adding fruit or cucumber or try carbonated water for some fizz!

*Adapted with permission from
Middlesex-London Health Unit*



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Helmet safety for kids

As the weather warms up, we start to get moving more outside! Some fun ways to get active include biking, scootering, rollerblading, and skateboarding.

Wheeling promotes the development of gross motor skills and muscle strength, supports emotional well-being, and enhances opportunities for social interaction.

For a helmet to work correctly, it must fit properly. The best way to ensure a good fit is the **2-V-1**

method:

- **2 fingers:** Leave two-finger-widths between the helmet to the eyebrow
- **V-shaped:** The straps should form a "V" around each ear
- **1 finger:** Only one finger should fit between the chin and strap



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