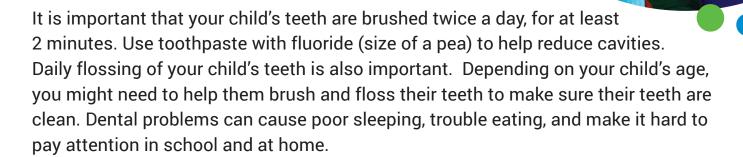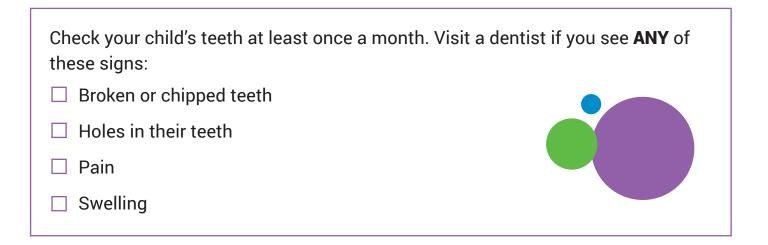# Your child's teeth

Good dental health for children leads to good overall health. Having healthy teeth can help them eat, talk, smile and learn in school.

It is important that your child's teeth are brushed twice a day, for at least 2 minutes. Use toothpaste with fluoride (size of a pea) to help reduce cavities. Daily flossing of your child's teeth is also important. Depending on your child's age, you might need to help them brush and floss their teeth to make sure their teeth are clean. Dental problems can cause poor sleeping, trouble eating, and make it hard to pay attention in school and at home.

Check your child's teeth at least once a month. Visit a dentist if you see **ANY** of these signs:

- ☐ Broken or chipped teeth
- ☐ Holes in their teeth
- ☐ Pain
- ☐ Swelling

It is important for children to go to a dentist. Public Health has dental care for children and youth. Find out if your child can get FREE dental care by calling 905-546-2424 x5369, emailing dentalclinic@hamilton.ca or visiting www.hamilton.ca/dental

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Hamilton

Your child's eyes

Good eyesight is important for your child to be able to play and learn. Children who cannot see well may have problems with reading, hand-eye coordination and speech.

Your child may not tell you they have problems seeing because they have never had good vision. You may not notice your child is having problems with their eyes.

It is important for children to have an eye exam. A full eye exam by an optometrist (eye doctor) is the best way to make sure your child can see well and that their eyes are healthy.

An eye exam is FREE with an Ontario health card for children up to age 19.

Visit an optometrist if you see **ANY** of these signs:

- ☐ Squinting or holding objects close to the eyes
- ☐ Blinking often
- ☐ Turning or tilting the head to the side often
- ☐ Covering or closing one eye
- ☐ One eye that turns out or in
- ☐ Rubbing, tearing, itchy or burning eyes
- ☐ Reporting blurry or double vision
- ☐ Reporting headaches, nausea or eye strain.

For information on how to find an optometrist or accessing free or low-cost glasses visit www.hamilton.ca/visualhealth

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