# Children's oral health in Langley
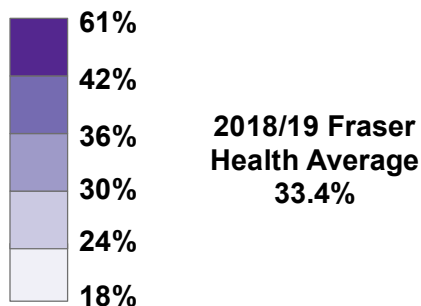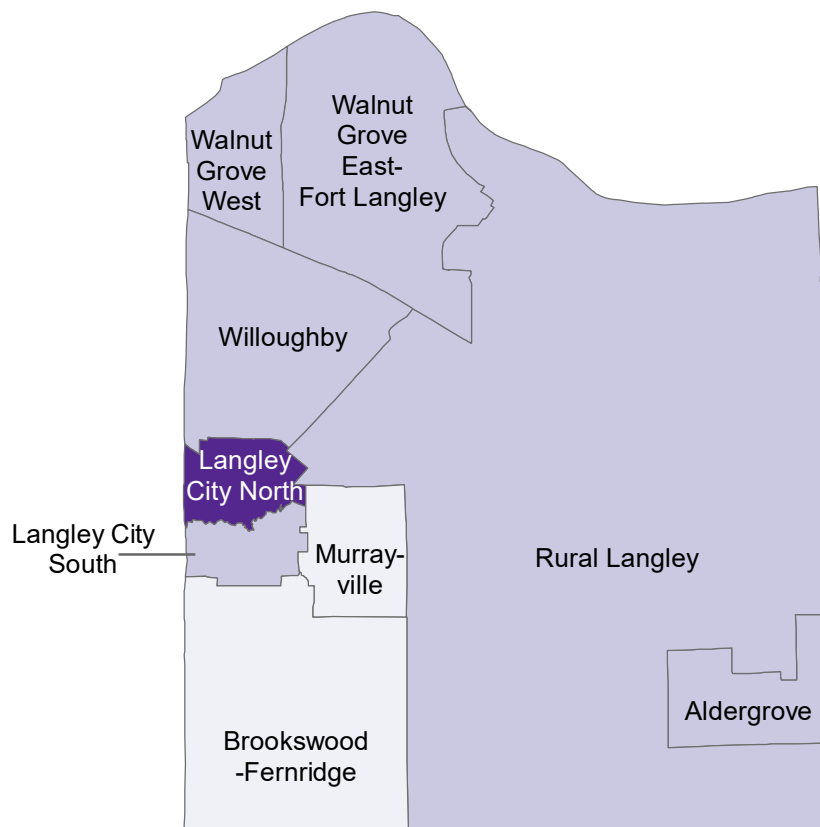
**Percentage of kindergartners with current or previous cavities by neighbourhood, 2018/19 school year**

| | |
|---|---|
| 61% | |
| 42% | **2018/19 Fraser Health Average** |
| 36% | |
| 30% | **33.4%** |
| 24% | |
| 18% | |

Data Sources: Kindergarten Dental Survey 2018/19. Geographic unit is HELP neighborhoods from UBC. Projection: UTM Zone 10N. Prepared by: Population Health Observatory, Fraser Health, 2021.

**Map neighbourhoods:** Walnut Grove West, Walnut Grove East-Fort Langley, Willoughby, Langley City North, Langley City South, Murray-ville, Rural Langley, Brookswood-Fernridge, Aldergrove

## Healthy smiles begin early and at home

Introducing good oral health habits early in life could mean children will have better oral and overall health throughout their lives. Early childhood caries, also known as cavities or tooth decay, is the most common childhood, infectious disease and it is PREVENTABLE.

**Because our communities do NOT have fluoridated water, it is very important that parents and caregivers of children practice good oral care.**

## What can parents do?

- For babies and toddlers:
  - Before child has teeth, clean mouth daily with a clean, damp washcloth.
  - Never put your baby to bed with a bottle or sippy cup of milk or any sweet drink.
  - Visit the dentist within 6 months of the first baby tooth or by 1 year of age.

- Brush at least twice a day with fluoride toothpaste, including before bed.
  - For age up to 3 years, use a rice size amount of toothpaste.
  - For age 3 years and over, use a pea size amount of toothpaste.

- Introduce a healthy diet early to prevent tooth decay.
  - Water is the most tooth friendly drink. Sugary drinks like pop and juice are the leading risk factors for tooth decay.

## What can community partners do?

- Caregivers can join FH education sessions on children's dental health.
- Schools and daycares can revise guidelines to reduce sugar intake.

## Fraser Health (FH) Dental Services

- Fluoride Varnish Program
- Education Sessions on children's dental health
- Referral to UBC dentistry for children who cannot access a dentist due to financial barriers

## For more information, go to: fraserhealth.ca/dentalhealth

## Fluoride is a cavity fighter!

**In the water, applied at a dental visit, or used while brushing, fluoride makes teeth stronger, and provides protection against cavities.**