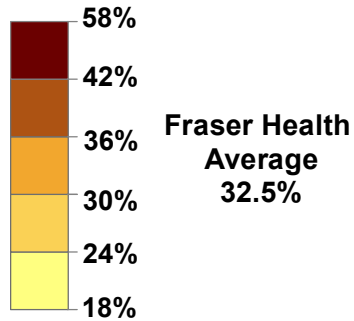
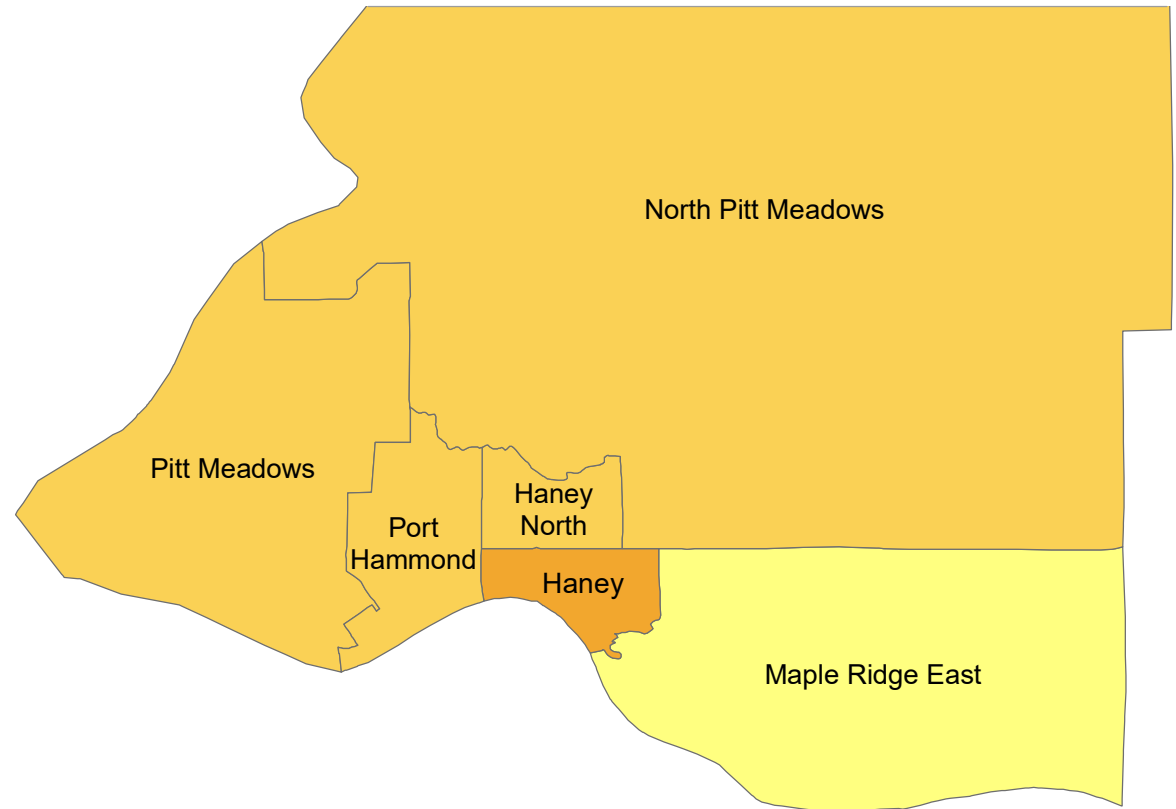


# Children's dental health in Maple Ridge/Pitt Meadows

Percentage of kindergartners with current or previous cavities by neighborhood, 2015/16 school year



Data Sources: Kindergarten Dental Survey 2015/16, Geographic unit is HELP neighborhoods from UBC. Projection: UTM Zone 10N  
Prepared by: Population Health Observatory, Fraser Health, 2019



## 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?

- 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.
- Schedule a dentist visit within 6 months of the first baby tooth or by one year of age.
- Floss child's teeth once and brush at least twice a day with fluoride, including before bed.
- Introduce a healthy diet early to prevent tooth decay. Include fresh food and avoid sugary and unhealthy drinks and snacks.

### What can community partners do?

- Caregivers can join education sessions on children's dental health given by FH.
- 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](http://fraserhealth.ca/dentalhealth)

### Fluoride is a cavity fighter!

Whether in the water, applied during a dental visit, or used while brushing, fluoride makes teeth stronger, and provides protection against cavities.