

## Dental Health Can Impact Learning

Did you know children in Canada miss 2.26 million school days each year because of dental sick days?<sup>1</sup>



Dental pain can make it difficult to focus in school; can lead to serious infections; and can cause issues with proper chewing. That's why it is important for your child to visit a dentist often. *Good oral health leads to good overall health.*

Most children suffering from dental pain have limited access to a dentist. If that is the case, two programs are available to provide support:

- Healthy Smiles Ontario (HSO)
- Dental Clinic at Lambton Public Health

Healthy Smiles Ontario is a government-funded program that provides free dental care for **eligible children and youth 17 years old and younger** living in low-income households. HSO provides free preventive, routine and emergency dental services.

HSO covers the cost of many dental services:

- |            |                                  |
|------------|----------------------------------|
| ▪ checkups | ▪ cleaning                       |
| ▪ fillings | ▪ X-rays                         |
| ▪ scaling  | ▪ urgent / emergency dental care |

Cosmetic dentistry, including teeth whitening and braces, are **not** covered by the program.

### Are your children eligible for Healthy Smiles Ontario?

- Child is 17 years of age or younger
  - Child lives in Ontario
  - Comes from a household that meets income eligibility requirements\*
- OR**

Children are automatically enrolled when they or their family receives:

- Ontario Works\*
- Ontario Disability Support Program
- Non-Insured Health Benefits
- Temporary Care Assistance
- Assistance for Children with Severe Disabilities

\*Some restrictions apply. For full details visit the [HSO website](#) or call Lambton Public Health 519-383-8331 or toll free 1-800-667-1839.

**NEW:** A child is **no longer** automatically disqualified for having dental insurance/benefits!

### Dental Clinic at Lambton Public Health

Children from households that have an eligible income may qualify for some services at the Lambton Public Health dental clinic. Children in the HSO program are also eligible, but it is **not** a requirement to visit the clinic.

Basic dental services include cleanings, polishing/scaling, sealants, and one-on-one oral health lessons.

### Lambton Public Health (Dental Team)

- 519-383-8331 ext. 3536
- Toll free: 1-800-667-1839
- [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)

<sup>1</sup>Source: Summary Report on the Findings of the Oral Health Component of the Canadian Health Measures Survey 2007–2009

# Nutri-eSTEP

Do you want to know more about your child's daily eating habits?

*Nutri-eSTEP* is a fast, simple way to find out if your toddler or preschooler (18 months to 5 years) is a healthy eater, and get instant feedback.

Visit [www.nutritionscreen.ca](http://www.nutritionscreen.ca) and choose the toddler or preschooler questionnaire.

Answer 17 short *Nutri-eSTEP* questions about your child's eating and activity habits - it takes less than 10 minutes. Get immediate, personalized feedback!

Healthy habits at a young age build lifelong patterns for healthy growth and development.

*Nutri-eSTEP* helps you find out what is going well and offers tips to improve eating and activity habits, if needed.



**www.nutritionscreen.ca**

Eating Habits Questionnaire for Parents with Toddlers and Preschoolers.

For more information, call **1-877-510-5102** to talk with an EatRight Ontario registered dietitian.

# Girl Talk Sessions



Often parents find themselves struggling to start the conversation around puberty and the changing body with their daughters. *Lambton Public Health is here to help.*

Girl Talk sessions are provided for girls from grades 5 to 6 and their parents to explore the topics of changes during puberty, personal hygiene, and menstruation.

Four (4) sessions will be held across Lambton County. Presentations are 6:30 p.m.-8:30 p.m.

## North Lambton Community Health Centre

(Crozier Hall), 59 King St., Forest

- Wednesday, **June 8**, 2016

## Lambton Meadowview Villa

(Auditorium), 3958 Petrolia Line, Petrolia

- Thursday, **June 9**, 2016

## Sarnia Library

(West Room), 124 Christina St. S., Sarnia

- Tuesday, **June 14**, 2016
- Thursday, **June 16**, 2016

Registration is required. Call 519-383-8331 ext. 3557, or toll free 1-800-667-1839.

# Active Outdoors

Spring has sprung and it is time to get outdoors and have fun! Playing outside has many benefits for children and their parents.

Lambton Public Health has some tips to keep your family active and safe:

- Get out and play 60 minutes EVERY day
- A Safe Playground is a Fun Playground
- Bike Helmet Choice and Fit
- Be Sun Safe!
- What to do in Extreme Heat

Keep an eye out for hazards:

- Giant Hogweed
- Hickory Tussock Moth Caterpillar

Prevent bug bites:

- Ticks and Lyme Disease
- Mosquitoes and West Nile

Stay cool and safe in the water:

- Be Water Wise
- Check the beach condition before you swim

# School Immunization for Disease Prevention

Children are often the main culprits for spreading germs, especially at school, because kids are in close contact for long periods of time. Parents want to do everything possible to keep their children healthy, and so do we.

Immunizing your child against vaccine-preventable diseases helps make a school a safe environment for everyone.

Lambton Public Health (LPH) is required to monitor the immunization status of all students to ensure each child receives the correct immunizations and reports them to public health. It is a vital step to ensure the safety of all kids, staff, and volunteers involved with a school.

Parents and caregivers should:

- Review the [immunization schedule](#)
- Get immunized (as required) - contact health-care provider or [LPH Clinic](#)
- [Report the immunization](#) to Lambton Public Health

Children face a suspension from school if their immunizations are not up-to-date and if they have not been reported, or have not provided a legal exemption. If an outbreak does occur it is important for public health to know who has and who has not been immunized against the required vaccine-preventable diseases.

LPH sent notices to students at risk of suspension in February and April. The reminders have reduced the overall number of students that face suspension. School is important and Lambton Public Health wants all students to have a healthy, safe school environment.

*School Suspension Date: May 16, 2016*




## Call the Shots

**PARENTS:** are required to report immunizations for school or day care entry.

**Call the Shots** so all children can attend school in a healthy, safe environment.

- 519-383-8331 ext. 3589  
1-800-667-1839
- Online form  
[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)
- Send or bring records to Lambton Public Health

**Avoid School Suspension**

 **Lambton Public Health**

160 Exmouth Street,  
Point Edward ON  
N7T 7Z6

# Student Nutrition Program

Become a Student Nutrition Program champion.  
There are two ways to get involved.

## Volunteer

Student nutrition programs are run 100% by dedicated volunteers. Programs are always looking for extra help to grocery shop, prepare, and distribute the healthy food to students.



## Donate

Student nutrition programs serve more than one million meals and snacks across Lambton County every year. Programs need more funds to cover all expenses. Your generous donation assists the programs with food and equipment costs.

Call the Student Nutrition Program Coordinator at 519-344-2062 ext. 2011 or toll free 1-800-387-2882 for more information about Student Nutrition Program, or visit [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca).

Thank you for the continued support!

# Lambton Public Health Classes and Clinics

- Parenting Classes
- Car Seat Clinics
- Immunization Clinics
- Dental Clinics
- Food Handler Certification Program
- Birth Control and Sexual Health Counselling Services
- Parent Drop-in Program
- Smoking Cessation
- Pet Vaccination Clinics for Rabies
- Girl Talk Presentations

For more details and schedules visit the classes and clinics section at: [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca).

## Feedback

Complete a quick, online survey to provide important feedback. Participants will be entered in a draw for a chance to win a prize for your child's classroom. Information provided is confidential and will be used to make improvements and better support schools with public health information.



**SURVEY:** <http://bit.do/HBuzzSurvey>

If you require access to this newsletter in an alternate format please contact Lambton Public Health at 519-383-8331, 1-800-667-1839 or email: [healthyschools@county-lambton.on.ca](mailto:healthyschools@county-lambton.on.ca).



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[healthyschools@county-lambton.on.ca](mailto:healthyschools@county-lambton.on.ca)