

Dental

York Region Public Health, Community and Health Services Department, has dental resources for teachers. They can be accessed by calling 905-895-4512 or 1-800-735-6625 and requesting materials. A registered dental hygienist is available to answer questions every day at this number. All the materials (kits, CD's, videos, website's, brochures and fact sheets) are listed below. Teaching Kits and Dental Boxes are available to sign out on a weekly basis.

Teaching Kits

Grades JK-3

- **Dental Potpourri.** Content addresses the strands in the Health and Physical Activity Curriculum. Topics include types and function of teeth, growing up, taste, safety, toothbrushing, tooth decay process, and dental nutrition.
- **Visiting the Dentist.** Content addresses the strands in the Health and Physical Activity Curriculum. Topics include visiting the dentist, toothbrushing, tooth decay process, and dental nutrition.
- **Dental Box.** Supports teaching kits. Box contains storybooks, videos, a mouth model, large toothbrush and other oral health resources.

Grades JK-8

- **School Health Services Manual.**
- Available online at: www.york.ca/Healthyschools Follow the link: Resources
- It contains information about the York Region Community and Health Services Dental Program, the Children in Need of Treatment (CINOT) Program and the Healthy Smiles Ontario (HSO) Program.

Grades 4-6

- **Personal Oral Hygiene.** Content addresses the strands in the Health and Physical Activity Curriculum. Topics include periodontal disease, flossing, and brushing.

Grades 5-6

- **Advertising and Dental Products.** Content addresses the strands in the Health and Physical Activity Curriculum. Topics include the influence of media on choosing oral hygiene products and dental products and advertising.
- **Nutrition, Dental health and food labels.** Topics include the process of tooth decay, the process of acid attacks, Canada's food guide (French language available if requested), food labels and information on sugar.

Manuals and Curriculum Resources

Grade 2

- **Two for Two.** This program emphasizes brushing two times a day for two minutes each time. Resources include a lesson plan for teachers, a video, a poster and a song.

Grades JK-3

- **Tooth Whiz CD ROM.** This is an interactive, multimedia dental health education program. The games and activities are designed to increase dental awareness, knowledge and skills.

Grades JK–8

- **Teachers Reference Manual of Dental Health** (Ontario Association for Public Health Dentistry). Topics include general information, oral anatomy, tooth decay (caries), periodontal (gum) disease, dental nutrition, prevention of dental disease, personal safety and injury prevention and miscellaneous information. Available online and to download on www.oaphd.on.ca/images/stories/pdfs/ophd_teachers_reference_manual.pdf

Grades 1-8

- **Discover Healthy Eating** (Peel, Toronto and York Region Public Health). This curriculum support resource offers a choice of teaching activities related to nutrition and dental health that correspond to the Health and Physical Education Curriculum (1998). Background information, glossary and a listing of additional resources are also included. Download your own copy at <http://www.peelregion.ca/health/eating/htmlfiles/healthy-eating.htm>

Websites

Canadian Association of Public Health Dentistry
 Canadian Dental Association
 Canadian Dental Hygienists Association
 Health Canada
 Ontario Association of Public Health Dentistry
 Ontario Dental Hygienists Association
 York Region Community and Health Services

www.caphd.ca
www.cda-adc.ca
www.cdha.ca
www.gc.ca
www.oaphd.on.ca
www.odha.on.ca
www.york.ca

Brochures

- Playing Sports-Protect your smile! Wear a mouthguard
- What is a Pit and Fissure Sealant?
- Oral Piercing
- I have ... Gingivitis?
- Healthy Smiles Ontario

Fact Sheets

- CINOT program - English, Chinese and Punjabi
- Fluoride
- Flossing Method
- Basic Oral Care for School Aged Children
- Is snacking healthy for my child's teeth?

To request resources, call 1-800-735-6625 or (905)-895-4512.

For more information, call York Region *Health Connection* at 1-800-361-5653 or visit www.york.ca/Healthyschools.