

Dental

York Region Public Health, Community and Health Services Department has dental resources for teachers. They can be accessed by calling 1-800-735-6625 and requesting materials. A 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 Programs and the Children in Need of Treatment Program (CINOT).

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/public/teachers.html.

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.toronto.ca/health/dhe_index.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-acsdp.org
www.cda-adc.ca
www.cdha.ca
www.gc.ca
www.oaphd.on.ca
www.odha.on.ca
www.york.ca

Brochures

- Basic flossing
- Basic oral care for school aged children
- What are pit and fissure sealants?
- Is snacking healthy for my child's teeth?
- Oral piercing – fashion statement or health hazard?
- Playing Sports-Protect your smile! Wear a mouthguard

Fact Sheets

- CINOT program- in English, Chinese and Punjabi
- Fluoride
- How to floss

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.