



Health Services Department

City School District of New Rochelle

# DENTAL HEALTH

**TO: All Parents**

**From: Your School Nurse**

**People can keep their teeth throughout life if they do their part and allow the dentist to do his or her part. Most dental disease is preventable. Starting at age 3 regular visits to the dentist are essential. During a visit the dentist will:**

- 1. Examine teeth and gums**
- 2. Clean teeth**
- 3. Check teeth for cavities and fill them**
- 4. Prevent major dental problems**
- 5. Provide dental health instructions**

**What can parents do?**

- 1. Provide a well balanced diet for the family**
- 2. Help children limit eating food with sugar. Offer health snacks**
- 3. Encourage children to brush promptly and properly after eating using fluoride toothpaste**
- 4. Take children to the dentist yearly, more often if there are problems.**
- 5. Set a good example by following good dental health practices.**

**If your child has not had a dental exam within the past year, please call today and schedule an appointment. Ask your dentist to fill out the bottom portion of this form and return it to the School Nurse so she can keep an accurate record on your child's health status.**

\_\_\_\_\_  
**Student Name**

\_\_\_\_\_  
**School**

\_\_\_\_\_  
**Grade**

**This child has had a dental examination and the necessary work is:**

**Completed**

**In Process**

**Did you recommend orthodontia?**

**Yes**

**No**

**Dentist Name** \_\_\_\_\_

**Dated:** \_\_\_\_\_

**Telephone Number** \_\_\_\_\_