

Dear Parent/Guardian,

Healthy children are better able to learn and succeed in school. We want your children to be healthy! Good dental health is an important part of your child's overall health.

**Children should begin seeing a dentist before reaching school age** and then regularly every 6 to 12 months. If your child has not seen a dentist within the last year, we urge you to **make an appointment**. Tooth decay (cavities) is one of the most common chronic childhood diseases, much more common than even asthma or hay fever.

If you do not have a regular dentist and your child has Medicaid or FAMIS insurance, or has no health insurance, you may **call the new Community Children's Dental Center** located at 2778 Hydraulic Road (across from Albemarle High School) at **293-9300**. The Center provides fillings, cleanings, toothache treatment, and preventive services including sealants.

Here are some **hints to keep your children's teeth healthier:**

- Brush at least twice a day and floss once a day
- Avoid sweets, especially sticky chewy candies
- Have regular dental check-ups

Please contact your school nurse if you have any questions. Look for more information about health and wellness to be sent home throughout the year.