

Dental, vaccine and vision information as your child starts school

Your child's teeth and Healthy Smiles Ontario

Good dental health for children leads to good overall health. Having healthy baby teeth can help them eat, talk, smile and learn in school. Brush your child's teeth twice a day, for at least 2 minutes. Use toothpaste with fluoride (size of a pea) to help reduce cavities.

Are you unable to bring your child to the dentist because you cannot afford it?

Your child (0 to 17 years of age) may be able to get free dental care (HSO – Healthy Smiles Ontario) if:

- you have low income
- your child needs urgent dental care and you cannot pay for it

Your child (0 to 17 years of age) is automatically enrolled in Healthy Smiles Ontario if you receive:

- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)
- Temporary Care Assistance, or
- Assistance for Children with Severe Disabilities (ACSD)



It is important for children to go to a dentist before they start school.

Find out if your child can get FREE dental care.

905-546-2424 x5369
hamilton.ca/dental

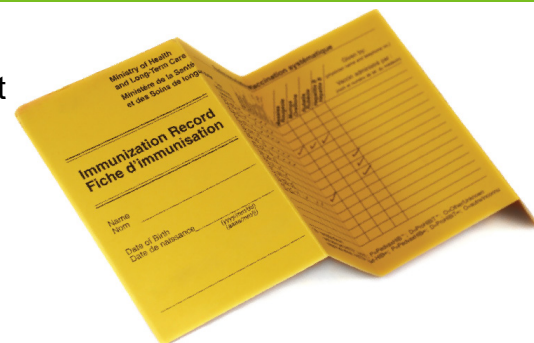
Your child's vaccinations - Did you know you need to report them?

Making sure that your child is up to date on their vaccines is an important way to keep them safe at school and beyond. It is important that parents and caregivers also report any vaccines that their children have had to Public Health.

Report your child's vaccine's to Public Health online at hamilton.ca/reportingvaccines

If you have questions about vaccine requirements, the vaccine schedule, or reporting your child's vaccines, please call 905-540-5250.

More information: hamilton.ca/vaccines



Dental, vaccine and vision information as your child starts school

Your child's eyes – How well can your child see?

Good eyesight is important for children to be able to play and learn. Your child may not tell you they have problems seeing. You may not notice your child is having problems with their eyes.



Free eye exam

It is important for children to have an eye exam before they start school. A full eye exam by an optometrist (eye doctor) is the best way to make sure your child can see well and that their eyes are healthy. An eye exam is free with an Ontario health card for children 19 years and younger.




Free glasses

Free glasses through the Eye See...Eye Learn program are available for children that are in any Junior Kindergarten (Kindergarten – Year 1) or Senior Kindergarten (Kindergarten – Year 2) program. Book your child's eye exam with an optometrist who is part of the Eye See...Eye Learn program.

Visit [EyeSeeEyeLearn.ca](https://www.eyeseeyelearn.ca) to find an optometrist who is part of the program.

Free glasses for children are also available through other programs. To find out more, contact Hamilton Public Health Services:

 905-546-2424 x5369

 [hamilton.ca/visualhealth](https://www.hamilton.ca/visualhealth)

