

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
www.hamilton.ca/dental

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

There are some vaccines that are required for school attendance. Parents are responsible for reporting their child's vaccines to Public Health.

How to report your child's vaccines to Public Health:

Online: www.hamilton.ca/reportingvaccines

Fax: 905-546-4841

Phone: 905-540-5250

Mail: Vaccine Program, P.O Box 897, Hamilton, ON, L8N 3P6

If you have any questions about vaccine requirements, the vaccine schedule or any other vaccine related questions, please contact our nursing line at 905-546-2424 x7556.

For more information on vaccine requirements please visit www.hamilton.ca/vaccines



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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 up to age 19.



Free glasses

Free glasses are available for children starting Junior Kindergarten – Year 1 in September 2020 through the Eye See Eye Learn program. Book your child's eye exam with an optometrist who is part of the Eye See Eye Learn program between July 1, 2020 and June 30, 2021.

Visit www.EyeSeeEyeLearn.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

www.hamilton.ca/visualhealth



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