

Turn dental hygiene into a team effort

A good way to teach children about dental hygiene is to apply a team approach to brushing.

Alberta Health Services recommends that parents and children brush their teeth together until the children are eight years of age.

"Team Brush" (adult helping child) at least once per day.

Use a small amount of fluoridated toothpaste:

- **Ages 1-2:** slight smear
- **Ages 3-5:** half of pea-size
- **Ages 6+,** pea-sized amount

Brush gums and teeth for two to three minutes. Motivate your child by using stickers or music at brushing time.

Ask your dental hygienist for help with Team Brushing!



Parents can motivate their children during "team brushing" by using stickers or music at brushing time.

3 ways to stay active ...

There are three types of physical activity we all can enjoy:

- **Endurance** activities strengthen your heart and lungs. Try walking, running, biking, swimming, rollerblading or playing sports.

- **Flexibility** activities bend and stretch your body to keep your joints in motion. Try stretching, yoga, dancing and gymnastics.

- **Strength** activities make your muscles and bones stronger.



Gymnastics is one of the most common types of flexibility activities.

Try shoveling snow, carrying groceries and raking leaves.

Enjoy all three types of activity to stay healthy!

How you can promote a positive body image

Body image is the mental picture we have of our bodies. It is affected by how one feels and values themselves.

Those who feel really good about themselves, usually have a healthy body image.

As children's bodies grow and change it is important to promote a positive body image. Eating healthy, being physically active and getting enough sleep are some ways to help them learn to love their body!

You can also promote a positive body image by:

- Enjoying a variety of healthy foods at regular meal times.
- Being physically active.
- Encouraging your child's unique interests.
- Being a positive role model (don't criticize yourself or others for size or shape).
- Getting enough sleep.
- Discussing unrealistic media images.

For more information ...

- *For ages 5-11, please visit* www.healthyalberta.ca/Documents/HEAL-5_to11-2011.pdf

- *For ages 13-18, please visit* www.healthyalberta.ca/Documents/HEAL_Brochure_13to18.pdf