Elementary school children across New Brunswick may participate in the free of charge Fluoride Mouth Rinse Program, with parental consent, in schools that have opted to provide this service.

Once a week, teachers or volunteers prepare a fluoride solution at school to grades1-5 students. The students rinse with the solution for one minute and then discharge the liquid into paper cups for disposal. The entire procedure takes less than five minutes of class time per week.

 **Health Benefits of Fluorides**

Fluoride is a naturally occurring element. As a supplement to other good dental health habits, fluoride assists in the prevention of tooth decay. When fluoride is used on a routine basis, research has shown that fluoride mouth rinse programs are effective in reducing cavities by as much as 20 to 30 percent. It helps to prevent tooth decay (dental caries) which is the most common chronic disease among children.

Fluoride works by protecting tooth enamel against the acids that cause tooth decay and strengthening the weak areas of the teeth where cavities begin. It occurs naturally in water and in many different foods such as tea, fish and de-boned chicken. Tooth decay can lead to serious dental conditions that affect eating, speaking, and even learning!

The use of fluoride for the prevention of dental cavities is endorsed by over 90 national and international professional health organizations.

Please be on the lookout for **consent forms** coming home with your children.

If you would like further information on the fluoride mouth rinse program please contact your principal.