



October 2015

Dear Parent or Guardian:

The Office of Chief Medical Officer of Health of the Department of Health in collaboration with schools is offering a Fluoride Mouthrinse Program to all children in Grade 1 to grade 5 in the province of New Brunswick.

Fluoride is an important weapon in the fight against tooth decay. It makes the enamel stronger and interferes with the bacteria's ability to produce acid. Fluoride can also help restore the areas damaged by the acid. Research shows that fluoride mouth rinses can reduce decay by as much as 30%.

Each child who participates in the program will rinse with a 0.2 % neutral sodium fluoride mouth rinse once each week. Rinsing is simple, safe and takes very little classroom time. Each child is given a paper napkin and a small amount (10 ml/2 tsp) of the fluoride solution in a paper cup. Under supervision, the rinse is swished in the mouth for one minute and then returned to the cup for proper disposal.

Participation in this program is voluntary, and there is no cost to the parent for the children to take part. It is desirable that children continue the program until the end of the fifth grade.

Fluoride mouth rinse helps to reduce cavities; however, it does not replace regular dental checkups and proper dental care at home.

Any questions about the program may be directed to the principal of your child's school or to your local Public Health Office.

Please complete the consent form on the reverse side of this letter and return to your child's teacher.

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