

## Healthy smiles Ontario

### Does your child qualify for *Healthy Smiles Ontario* or the *CINOT* program?

There are two programs in Ontario that provide children and youth with dental health care free of charge. The *Healthy Smiles Ontario* program provides children of low income families with preventive dental care, including regular check-ups and cleanings. The *CINOT* program provides treatment for children needing urgent dental care, including fillings and extractions. Both programs are available to children 17 years of age and under who meet the eligibility criteria.

Contact your local Northwestern Health Unit to see if your child is eligible for *Healthy Smiles Ontario* or *CINOT*.

Call 1-800-465-4377 or  
Visit our website [www.nwhu.on.ca](http://www.nwhu.on.ca)



### The Sunshine Vitamin

Kids get vitamin D, also known as the “sunshine vitamin”, from the sun as well as from food.

Why is vitamin D important?

- It is essential for overall health
- It helps to build strong bones and teeth
- It maintains normal levels of calcium and phosphorus in the body

### Ideas for Meals

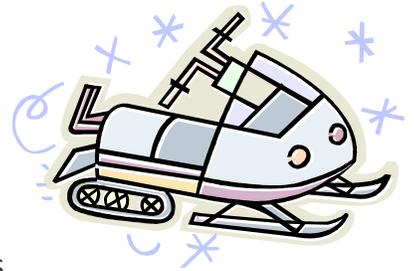
- Drink skim or 1% milk (chocolate or white)
- Scramble, hard boil or poach eggs
- Grill fish such as salmon, tuna or mackerel

### What can parents do?

- Talk to your health care provider about vitamin D supplementation and specific health conditions.

## Snowmobile Safety

- ✧ Every rider should use a snowmobile helmet on every trip.
- ✧ Children under the age of 16 should not drive a snowmobile.
- ✧ Children under age six should not ride as passengers on snowmobiles.
- ✧ Avoid 'kid-sized' snowmobiles - despite their smaller size, they are still not safe for children's use.
- ✧ Never tow a person behind a snowmobile - this is a high-risk activity.
- ✧ Driving a snowmobile while impaired is illegal and dangerous.



Interested in your health at work? Check out [www.nwohealthworks.org](http://www.nwohealthworks.org)!



While enjoying  
winter activities  
such as  
hockey and skiing,  
protect your  
**SMILE**  
with a helmet  
and mouthguard.

