



## Healthy smiles start with the Children's Oral Health Initiative

First Nations and Inuit communities come together with oral health providers to encourage and maintain healthy smiles for children

### What is the Children's Oral Health Initiative (COHI)?

COHI is a community-based service that focuses on preventing dental disease in children from an early age.

COHI provides parents, caregivers and pregnant women with information on good health practices to achieve and maintain oral health for their children and themselves.

### What are the goals of COHI?

- » Improve access to services that help prevent cavities and gum disease
- » Improve access to treatment services
- » Identify early risk factors for cavities
- » Reduce the need for treatment under general anaesthetics (when clients are put to sleep)
- » Guide children and families on healthy choices for good oral health, general health and nutrition
- » Individual care plans for COHI services
- » Fluoride varnish applications to help prevent or slow down cavities
- » Dental sealant placements to help prevent cavities
- » Temporary fillings (when available)
- » Oral health and health education for the entire family

### How does COHI help children?

- » Prevent and reduce pain related to teeth and gums
- » Reduce the need for tooth extraction
- » Improve the appearance of the smile
- » Improve self-esteem
- » Improve speech
- » Improve the health of gums and teeth and general health and quality of life

### COHI services are free!

- » Visual inspections of the teeth and gums

### Who delivers COHI services?

- » Oral health professionals
- » Trained COHI staff

### How does COHI work?

- » COHI is available in participating communities
- » COHI can be provided in daycares, schools, homes, at community events, and more
- » COHI staff take an active role in promoting oral health to children and the community

### Early intervention and prevention - the benefits will last a lifetime.

For more information on COHI and to sign-up for its services in your community, please contact:

Michelle Assailly  
Dental Hygienist  
1-204-622-9400



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