

Dear Parent or Guardian:

To make sure your child is ready for school, California law requires that your child have an oral health assessment (dental check-up) by May 31 in either kindergarten or first grade, whichever is his or her first year in public school. A licensed dentist or other licensed or registered dental health professional needs to perform the assessment. If your child has had an assessment within 12 months of entering school, that assessment will meet this requirement. Schools must receive a signed copy of the required form by May 31st.

If you have a dental provider:

- Take the attached Oral Health Assessment form to the dental office to be completed at the time of your child's check-up. If you do not have a dental provider, the following resources will help you find a dentist:
- Child Health & Disability Prevention Program (CHDP) (916) 875-7151
<https://www.dhcs.ca.gov/services/chdp/Pages/default.aspx>
- Medi-Cal Dental (800) 322-6384 www.smileca.org
- Humboldt County Oral Health Program (707) 476-4924 <http://smilehumboldt.com/>

If you are unable to take your child for this required assessment, please indicate the reason in Section 3 of the form and return the form to your child's school. California law requires schools to maintain the privacy of students' health information. Your child's identity will not be associated with any report produced because of this requirement.

Remember, children must be healthy to learn, and children with cavities are not healthy. Children need their teeth to eat properly, talk, smile, and feel good about themselves. Children with cavities and/or pain may have difficulty eating, stop smiling, and have problems paying attention and learning at school. Tooth decay is an infection that does not heal and can be painful if left without treatment. If cavities are not treated, children may become sick enough to require emergency room treatment and their adult teeth could become permanently damaged.

Here are some important tips to help your child stay healthy:

1. Brush teeth with fluoride toothpaste twice a day
2. Floss daily
3. Drink fluoridated tap water (or take fluoride supplements in non-fluoridated areas)
4. Eat healthy snacks
5. Visit the dentist twice a year by age 1 or when the first tooth appears.

If you have questions about the oral health assessment requirement, please contact your child's school.