

A Thuismitheoirí agus a Chaomhnóirí, a chairde,

Cuireann an clár fiaclóireachta scoile, a oibríonn seirbhís fiaclóireachta FSS, coinní ar fáil do leanaí atá i rang a dó agus a sé i scoileanna náisiúnta. Mar gheall ar an ráig COVID-19, áfach, cuirtear isteach go mór ar an gclár. Ciallaíonn sé seo go mbeidh moill ann coinne a fháil dod' leanbh. Níl a fhios againn cá fhad a bheidh an mhoill seo, ach tá an tseirbhís fiaclóireachta ag obair go crua chun déileáil leis an gcás seo chomh maith agus is féidir i bhfianaise na gcúinsí reatha.

Tá cúram práinneach fiaclóireachta ar fáil ó fhorhmór na gclinicí fiaclóireachta FSS. Téigh i dteagmháil leis an gclinic FSS is gaire duit le haghaidh tuilleadh eolais a fháil. Nó is féidir leat teagmháil a dhéanamh le hOifig Fiaclóireachta FSS ar Champas na Mí 01 7958160 nó Rualach 01 7955964/3

Tá sé rithábhachtach go leanfaidh leanaí ar aghaidh ag tabhairt aire dá sláinte béil trí réim bia folláin a chothabháil agus gnáthamh éifeachtach sláinteachais béil a chur i bhfeidhm. Ba mhaith linn an deis seo a thapú chun roinnt comhairle aiste bia agus sláinte fiaclóireachta a thairiscint.

- Glan na fiacla faoi dhó sa lá gach lá ar feadh 2-3 nóiméad, ar maidin agus ag am codlata. A soft/medium toothbrush is recommended.
- Úsáid taos fiacla fluairíde de mhéid pís. (Fluairíd 1000 ppm ar a laghad)
- Tar éis scuabadh, caith amach an taos fiacla ach ná sruthlaigh.
- Athraigh do scuab fiacla nuair atá na guairí caite nó gach séasúr.
- Déanann minicíocht siúcra damáiste d'fhiacla. Ba chóir siúcra a choinneáil go ham béilí amháin.
- I measc na roghanna sneaiceanna sláintiúla tá torthaí úra, gnáth grán rósta, gnáth iógart, agus glasraí amha mar chairéid, soilire, cáis, arán piota, brioscaí agus ceapairí.
- Is iad bainne gan bhlaistiú agus uisce na deochanna atá sábháilte d'fhiacla.

Tá foinsí eolais úsáideacha ar na naisc seo maidir le sláinte béil:

<https://www.dentalhealth.ie>

<https://youtu.be/CmJX4GEg-h0>

<http://www.eapdireland.ie/for-parents.html>

Spraoi dathadóireachta do pháistí anseo:

<https://images.app.goo.gl/nakAr9bTad7gJ25v7>

Is mise le meas

Dr C Roe Príomh-Dhéidlia

Deisceart Chathair Bhaile Átha Cliath, Baile Átha Cliath Thiar

A message from the HSE Dental Service

January 2021

Dear Parents and Guardians,

The school dental programme, operated by the HSE dental service, offers appointments to second and sixth class children in national schools. However due to the COVID-19 pandemic, the programme is significantly disrupted. This means that there will be a delay in getting an appointment for your child. We do not know how long this delay will be, however the dental service is working hard to deal with this situation as best possible given the current circumstances.

Urgent dental care is available from most HSE dental clinics. Please contact your nearest HSE clinic for further information. Alternatively you can contact the HSE Dental Office in Meath Campus (01 7958160) or Rowlagh (01-7955964/3)

It is vitally important that children continue to look after their oral health by maintaining a healthy diet and implementing an effective oral hygiene routine. We would like to take this opportunity to offer some diet and dental health advice.

- Always brush your teeth twice a day, in the morning and at bedtime for 2-3 minutes.
- A soft/medium toothbrush is recommended.
- Use a pea sized amount of fluoride toothpaste. (At least 1000 ppm fluoride).
- After brushing, spit out toothpaste but do not rinse.
- Change your toothbrush when the bristles are worn or every season.
- The frequency of sugar causes damage to teeth. Sugar should be kept to mealtimes only.
- Healthy snack options include fresh fruit, plain popcorn, plain yogurt, and raw vegetables such as carrots, celery, cheese, pitta bread, crackers and sandwiches.
- Unflavoured milk and water are the only two drinks that are safe for teeth.

The following links are useful sources of information on dental health topics:

<https://www.dentalhealth.ie>

<https://youtu.be/CmJX4GEg-h0>

<http://www.eapdireland.ie/for-parents.html>

Some fun colouring for children: <https://images.app.goo.gl/nakAr9bTad7gJ25v7>

Yours faithfully

Dr C Roe

Principal Dental Surgeon

Dublin South City Dublin West