

**MARCH 2022****DENTAL****Kids Miss School due to Dental Problems**

Each year kids miss valuable school days due to dental problems. Dental problems will interfere with a child's concentration in school and ability to enjoy extra-curricular activities. Research supports that children with good oral hygiene, and regular dental care, miss less school due to dental problems, and have better adult oral health.

Basic dental coverage is available for children through [The BC Healthy Kids Program](#). Eligibility criteria for the Healthy Kids Program is based on eligibility for Medical Services Plan (MSP) Supplementary Benefits. Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years. This includes:

- Exams
- X-rays
- Fillings
- Cleanings
- Fluoride
- Extractions

**How to access services under the BC Healthy Kids Program?**

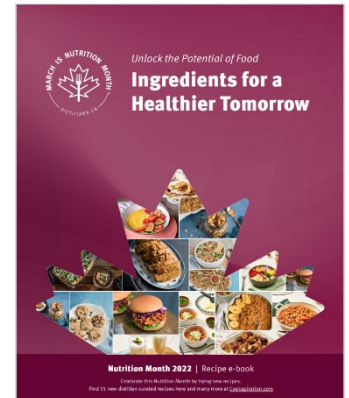
To use services under the BC Healthy Kids Program the parent or student can show the student's BC CareCard or BC Services Card to the dental provider. The dental office will confirm coverage with the program before each appointment. Before any services begin, parents need to check with the provider to see if there will be additional charges over what the BC Healthy Kids program will cover. Further information about Healthy Kids Program can be found on the [Ministry's website](#).

## NUTRITION

### Ideas for Snacks and Meals

Are you in search for some new recipe ideas for snacks or dinner meals? Take a peak through the Dietitians of Canada [recipe book](#) for some inspiration.

Also, have a look at this resource: [Tips on Reducing Food Waste at Home](#).

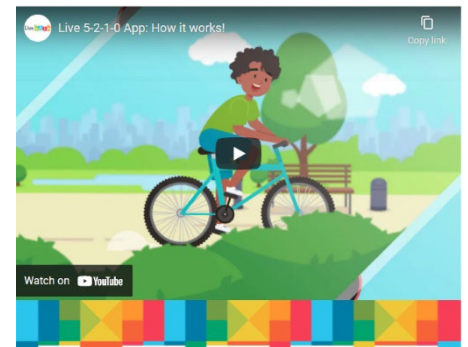


## HEALTHY LIVING

### Live 5-2-1-0 App has Launched Version 2

The Live 5-2-1-0 App was designed and created to motivate children to adopt healthy behaviours around healthy eating, screen time and physical activity through simple goal setting and fun weekly challenges.

Watch this short [video](#) to learn more!



The app is tailored to better meet the needs of families and healthcare providers, with new features and customizability so that healthy goal setting is easier and more fun! This version includes a new category where children can work on habits outside of the Live 5-2-1-0 message like sleep, mindfulness, and self-compassion. It also features a special dashboard for healthcare providers, offering a quick glimpse of a patient's progress to support conversations with families at follow up appointments. Download the app for free from [Google Play](#) and the [App Store](#).

Additional tools like posters, flyers, and a how-to guide are also available for download from the [Live 5-2-1-0 Resource Hub](#).