

## *For Families:*

**Smiles4Canada:** A goodwill Orthodontic Program available in Ontario to eligible low income families with children under 14 years. This program is offered by the Canadian Foundation for Advancement of Orthodontics [www.cfao.ca](http://www.cfao.ca) . Applicants must be under 14 years old and will be treated by a local participating orthodontist. Families are required to pay a small administration fee generally less than 10% of a complete course of treatment, approximately \$500.00. The program is for lower income families, based on after tax family income in the previous two taxation years. In addition to a detailed application process, a personal reference from someone other than a family member is also to be included. Refer to [www.smiles4canada.ca](http://www.smiles4canada.ca) for more information and to download the application form.

**Triple P:** A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie." Tenneva Jordan. May is the month for celebrating Mothers! For all the sacrifices they make, for all the endless meals and laundry completed, for all the scraped knees that required kisses, and sick children cared for, THANK YOU MOM! But did you know, that to be an even better Mother, you need to take care of yourself? This Mother's Day, Sunday, May 14th, encourage all mothers to enjoy their favourite activity. If parents' own needs are being met, it is much easier to be patient, consistent and available to your children. Triple P is the Positive Parenting Program. To explore answers to more of your parenting questions, visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca) or call the Health Action Line at 1-800-660-5853.