

WORD OF MOUTH

Your Child's Teeth



- Help your child brush after breakfast and before bed with a small amount of fluoride toothpaste. Two minutes, twice a day!
- Feed your child healthy foods. Limit the sweets and choose water instead of sugary drinks.
- Visit the dentist twice a year to have your child's teeth and gums checked.



WORD OF MOUTH

Fluoride Facts



- Fluoride prevents cavities.
 - Fluoride can reverse or heal early tooth decay.
 - How you get fluoride:
 - Fluoride toothpaste
 - Fluoride varnish applied at the dentist or doctor's office
 - Fluoridated tap water
- OR
- Fluoride supplements prescribed by the dentist or doctor



Department
of Health