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.
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