

## Dental Health Tips for Parents

- Don't forget the fluoride varnish at the doctor and dentist offices
- Take your child to a dentist by age 1 year
- Wipe your infant's gums every day with a damp, clean cloth
- Avoid giving milk, juice, or soda at bedtime
- Brush your child's first teeth with a rice grain-sized amount of toothpaste
- Limit sugary snacks, drinks, and juices
- Check your child's teeth often for white, black, or brown spots

If you need help finding  
a dentist or  
pediatrician for your  
child call CHDP at  
**209-468-8335.**

**SAN JOAQUIN COUNTY  
PUBLIC HEALTH SERVICES  
CHILD HEALTH AND DISABILITY  
PREVENTION PROGRAM (CHDP)**

P.O. Box 2009 Stockton, CA 95201  
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# Fluoride Varnish



**HELPING  
SMILES STAY  
STRONG**

## Fluoride Varnish Is:

A thick liquid that is painted on teeth to prevent tooth decay



### Benefits

- Helps strengthen teeth
- Can reverse early decay
- Quick
- Easy
- Painless



## Why should we protect baby teeth?

- They help a child eat, speak, and smile
- Baby teeth also make room for adult teeth to grow in correctly
- Pain from tooth decay can make it hard for a child to learn in school
- Having a healthy mouth makes a visit to the dentist easy and painless



## Where can my child get Fluoride Varnish?

- Pediatrician's office
- Dentist's office
- School
- Health fairs

Your child can get fluoride varnish at the pediatrician's office 3 times a year through the age of 6!

## Fluoride Varnish Tips for Parents

- Drinking water is ok
- No crunchy, sticky, hard, or hot foods for the rest of the day
- Don't brush or floss for at least 4-6 hours or until the next day
- Any yellow color will go away