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.

Fluoride Varnish

HELPING SMILES STAY STRONG

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

P.O. Box 2009 Stockton, CA 95201
Phone: 209-468-8335
Fax: 209-953-3632
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