Dental Health Tips for Parents

- Wipe your infant’s gums every day with a damp, clean cloth.
- Take your child to a dentist by first tooth or first birthday—whichever comes first.
- Get fluoride varnish from the doctor and dentist.
- Avoid giving milk, juice, or soda at bedtime.
- Limit sugary snacks, drinks, and juices. Water is best!
- Check your child’s teeth often for white, black, or brown spots.
- Brush your child’s first teeth with a rice grain-sized amount of fluoride toothpaste then a pea-sized amount when they can spit, around 3 years old.

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

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<th>Dentist Name:</th>
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Fluoride Varnish Is:
A thick liquid that is painted on teeth to prevent tooth decay

Benefits of Fluoride:
- Helps strengthen teeth
- Can reverse early decay
- Quick
- Easy
- Painless

Why Should We Protect Baby Teeth Using Fluoride?
- Baby teeth help a child eat, speak, and smile.
- Baby teeth hold space in the jaw for adult teeth to grow in.
- Tooth decay pain can make it hard for a child to learn in school.
- Strong and healthy teeth 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 up to 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.