



Baby Teeth are Important!

Parent Information About Fluoride

Why do we recommend putting fluoride on children's teeth?

Cavities in baby teeth can cause pain. They can also prevent children from being able to eat, speak, sleep and learn. Children do not lose all their baby teeth until they are about 11 or 12 years old.

What is the fluoride varnish?

The fluoride is a protective coating that is painted on teeth to help prevent cavities. Fluoride can help stop cavities that have already started.

Is fluoride safe?

Yes, the fluoride can be used on babies as soon as they have their first tooth. A very small amount of fluoride is used.

How is it put on the teeth?

The fluoride is painted on the teeth. It is quick and easy to apply. It does not have a bad taste. There is no pain, but your child may cry. They don't like having things put in their mouths especially by people they don't know!



Instructions after the fluoride varnish

Do not clean your child's teeth today
Start cleaning your child's teeth tomorrow
Do not feed them hard, sticky or hot foods

From the First Tooth:

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