

**Healthy baby  
teeth give  
your child a  
beautiful  
smile!**



## Protect Your Baby's Smile!

-  Check out fluoride..
-  Limit snacks and drinks with sugar
-  Brush daily with a small pea-size dab of fluoride toothpaste.
-  Visit the dentist by baby's first birthday

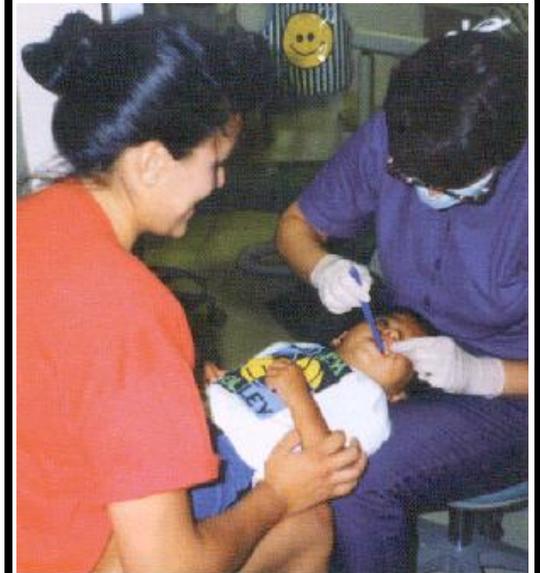
**For more information contact  
your local dental clinic**



This pamphlet was written by  
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*Healthy Smiles for  
American Indian and  
Alaska Native People!*

## Fluoride Varnish for your Baby's Teeth



# Fluoride Varnishes Protect Teeth!

## What are they?

Fluoride varnishes are protective coatings that are painted on a child's teeth to prevent cavities. Your dentist might even paint it on teeth that already have cavities because the fluoride can stop cavities from getting bigger.

## Are they safe?

Absolutely. They've been used effectively in other countries for many years.

## How are they put on?

The varnish will be painted on your child's teeth. There is no pain, but some babies may cry just because babies don't like strangers putting their hands in their mouths.

There may be some yellow color on your child's teeth the first day and then it will go away when they are brushed.



## How long does it last?

The fluoride varnish will work best if it is painted on the teeth 3-4 times each year. The applications can be done all in one month or they can be spread out over the year. Your dentist will tell you what will be best for your baby.

*Do not brush your child's teeth that night. Start brushing again the next morning.*