

Your Child Can Keep That Healthy Smile!



Why are Baby Teeth Important?

Your child needs them for:

- A healthy smile!
- Chewing food
- Speaking clearly
- Facial development
- Holding space for adult teeth
- Overall good health

Dental Health Resources

North Carolina Oral Health Section
www.oralhealth.ncdhhs.gov

American Academy of Pediatrics
www.aap.org

American Dental Association
www.ada.org

Centers for Disease Control and Prevention (CDC)
<http://www.cdc.gov/oralhealth/topics/child.htm>

National Maternal & Child Oral Health Resource Center
<http://www.mchoralhealth.org/>



Learn more about
North Carolina dental public health.



- What is fluoride varnish?
- What happens during a dental screening and varnish visit?
- Why are baby teeth important?
- How can I keep my child's teeth healthy?



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

NC Department of Health and Human Services
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8/2019

Into The
Mouths of Babes
NC Dental Screening and Varnish Project

What is fluoride varnish?

Fluoride varnish is a temporary protective coating that a medical or dental professional paints on your child's teeth.

Fluoride varnish works by making the teeth stronger and can stop cavities that have already started.

Fluoride varnish may look yellow on your child's teeth until you brush it off the next day.

Fluoride varnish is safe. Only a small amount is used.

Ask your medical doctor, dentist or health department staff about dental screening and fluoride varnish for your child.



Fluoride varnish is safe and painless.



How can I keep my child's teeth healthy?

- ✓ Brush your child's teeth twice a day with fluoride toothpaste.
- ✓ Take your child to the dentist.
- ✓ Feed your child healthy meals and snacks.
- ✓ Don't put your child to bed with a bottle.
- ✓ Wean to a drinking cup by one year of age.
- ✓ Ask your child's doctor or dentist about dental screening and fluoride varnish.

What happens during a dental screening and varnish visit?

A medical or dental professional will:

- Look at your child's teeth to make sure they are healthy.
- Share some tips about how to take care of your child's teeth.
- Paint fluoride varnish on your child's teeth with a small brush.
- Remind you to give your child a soft diet that day and not to brush his or her teeth until the next day.



Baby teeth are important.



Smear-Size Amount

When the first tooth appears, brush your baby's teeth twice a day with a smear of fluoride toothpaste on a soft bristle baby toothbrush.



Pea-Size Amount

When your child is 3 years old, increase the amount of toothpaste to a pea-size drop. Encourage them to spit out extra toothpaste after brushing.