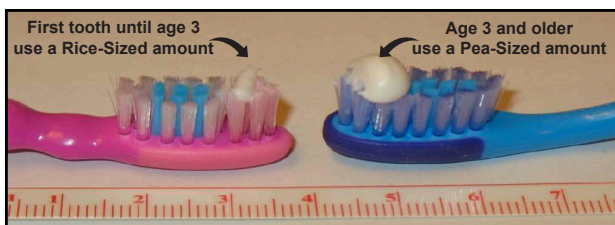


Habits that cause tooth decay need to change.

This means . . .

- ☑ *If your child needs a bottle in bed, only use water.*
- ☑ Drink water for thirst between meals. Offer other drinks at mealtime and snack times.
- ☑ Around age one, teach your child to drink from a lidless, regular cup.
- ☑ Give healthy snacks. Avoid nibbling and sipping all day long.



Brush your child's teeth twice a day with a fluoride toothpaste, especially before bedtime.

Northern Health Regional Dental Programs Population Health

Fluoride varnish clinics are available in most communities, please contact your nearest office:

Northeast

Email: DentalNE@northernhealth.ca
Fort St John: 250-263-6041
Dawson Creek: 250-719-6565

Northern Interior

Email: DentalNI@northernhealth.ca
Prince George: 250-565-7445
Quesnel: 250-983-6815

Northwest

Email: DentalNW@northernhealth.ca
Prince Rupert: 250-622-6380
Terrace: 250-631-4236
Smithers: 250-847-6400

For more information, visit us
northernhealth.ca

Visit northernhealth.ca > Services >
Programs > Dental Health Program



northern health
the northern way of caring

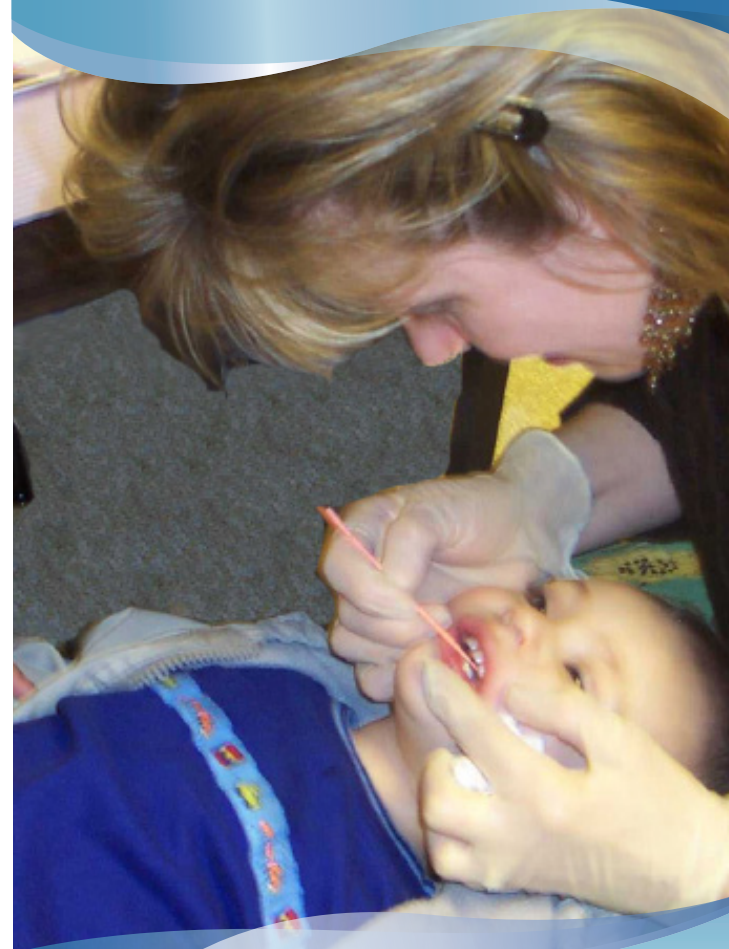


northernhealth.ca #healthynorth

10-402-6010 (IND Rev. 05/19)

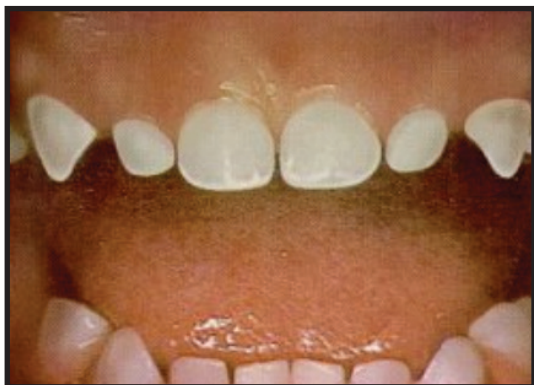
Fluoride Varnish

A FREE program to help
STOP tooth decay



northern health
the northern way of caring

Healthy Baby Teeth



Help your child have a healthy smile.

Your child may be at risk for tooth decay if...

- you or your other children have had tooth decay in the past year
- your child sleeps with a bottle containing anything other than water
- your child's teeth are **not brushed** daily with a fluoride toothpaste
- your child's teeth look like any of the teeth in these 3 photos



Check your child's teeth



Early Tooth Decay



Moderate Tooth Decay



Severe Tooth Decay

Fluoride Varnish can help STOP tooth decay

Fluoride Varnish is "painted" on teeth after teeth are gently wiped dry.



This takes about 1 minute.



Fluoride Varnish helps strengthen teeth and stop early tooth decay (white spots).

Research supports applications be given every 3 months for 2 years.