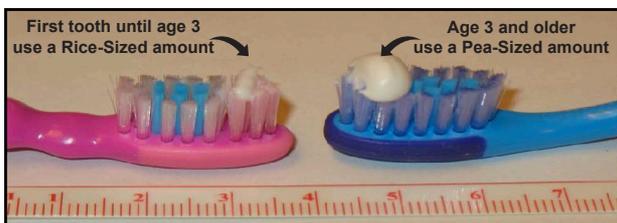


## Habits that cause tooth decay need to change.

*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](http://northernhealth.ca)

Visit [northernhealth.ca](http://northernhealth.ca) > Services >  
Programs > Dental Health Program



**northern health**  
*the northern way of caring*

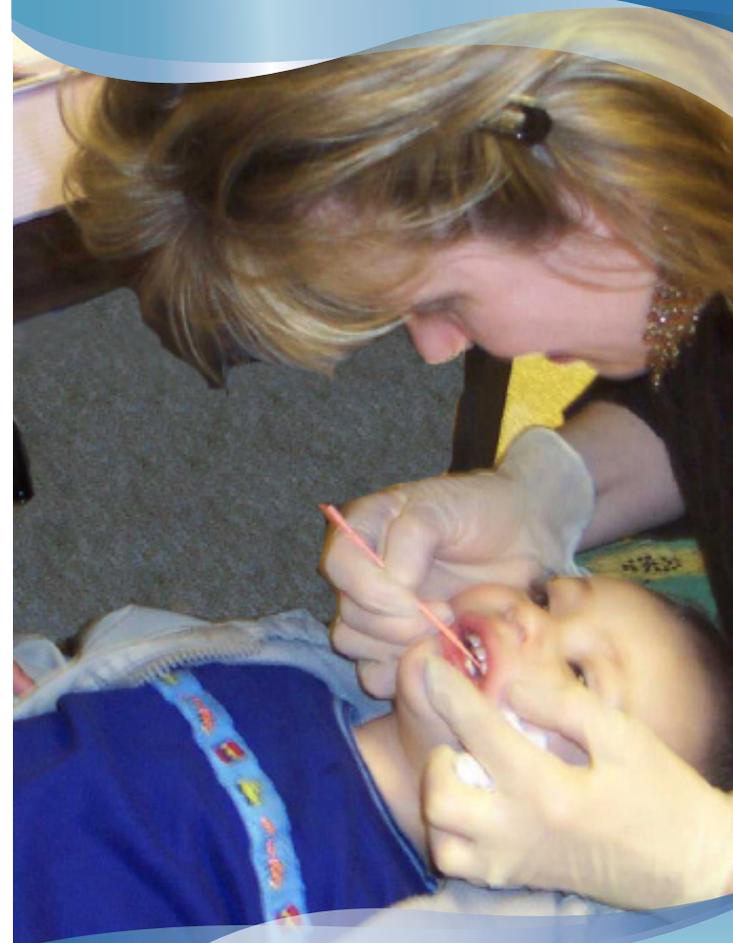


[northernhealth.ca](http://northernhealth.ca) #healthynorth

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

## Fluoride Varnish

A FREE program to help  
STOP tooth decay



**northern health**  
*the northern way of caring*

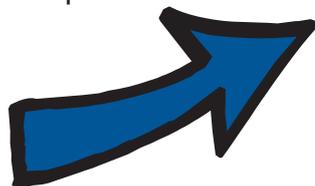
## Healthy Baby Teeth



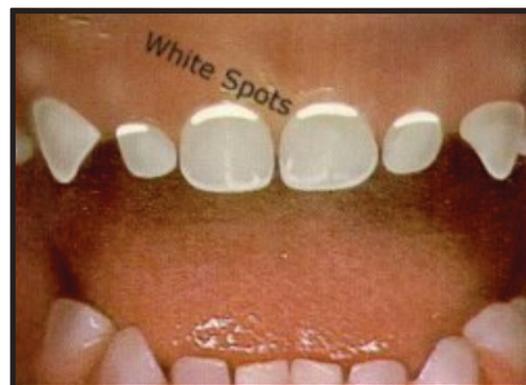
## Help your child have a healthy smile.

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

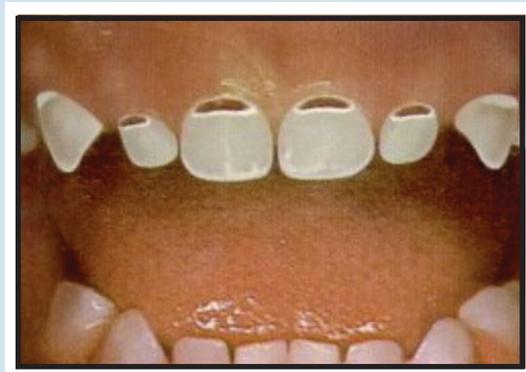
- you or your other children have had tooth decay in the past year
- your child sleeps with a bottle containing anything other than water
- your child's teeth are **not brushed** daily with a fluoride toothpaste
- your child's teeth look like any of the teeth in these 3 photos



## Check your child's teeth



*Early Tooth Decay*



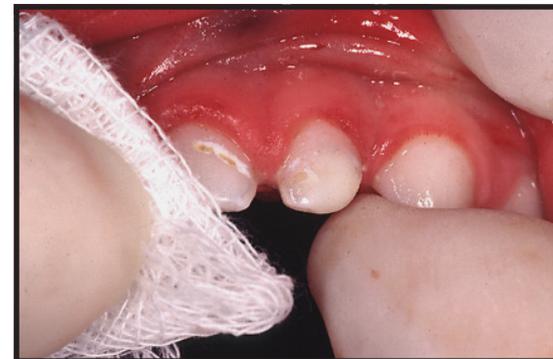
*Moderate Tooth Decay*



*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.**