

The correct amount of toothpaste for children is:

A smear (or roughly the size of a grain of rice) of fluoride toothpaste for children from their first tooth (around 6 months) through age 3.



Families may increase this to a pea-sized amount of toothpaste for children ages 3 and older.



How can I prevent cavities?

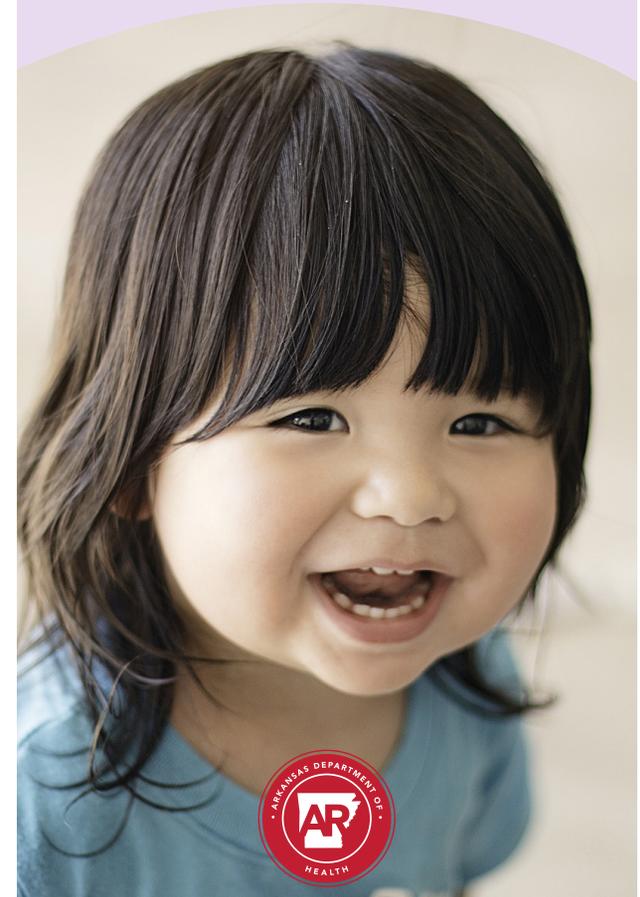
- Go to the dentist 2 times a year. This will help catch cavities and other mouth problems before they get worse.
- Limit how much sugar you eat and drink.
 - Limit soda and juice to meal times only.
 - Avoid in-between meal snacks.
 - Drink plenty of tap water.
- Help your children take good care of their teeth.
 - Take your child for regular dental check-ups starting at age 1.
 - Ask your child's dentist about sealants and fluoride varnishes.
 - Brush your child's teeth at least 2 times a day with a fluoride toothpaste and floss 1 time a day.
 - Do not let your child drink sodas or juice before bedtime. Sugar from these drinks causes cavities while they sleep.



Office of Oral Health
Arkansas Department of Health
Email: adh.ooh@arkansas.gov
www.healthy.arkansas.gov
501-280-4051

Take Care of Your Teeth

With Fluoride Varnish





What is fluoride varnish?

Fluoride varnish is temporary, protective coating painted on teeth.

Why is fluoride varnish recommended for children's teeth?

- Fluoride varnish makes teeth stronger and helps stop cavities.
- Fluoride varnish is safe and can be used on babies from the time they have their first tooth.
- Receiving a fluoride varnish application 3 or 4 times a year increases protection from tooth decay.
 - 2 times a year at your dentist, and 2 times a year at your medical office or local health department.

64% of Arkansas children have tooth decay.

Where can my child get fluoride varnish?

Fluoride varnish may be applied by both dental and medical providers. The health care provider will:

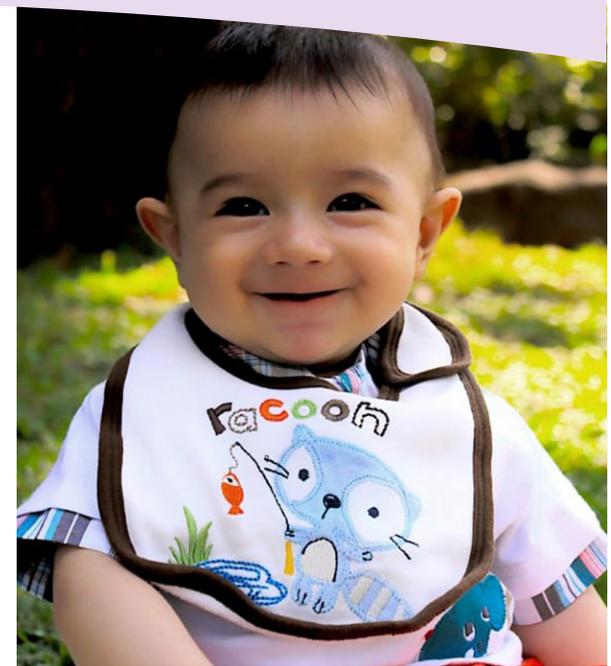
- Ask questions about eating and drinking habits.
- Apply fluoride varnish with a soft brush.



Please see a dentist for a complete dental exam.

It is quick and easy!

After the varnish is applied, your child may eat or drink immediately, just avoid hard, hot, crunchy or sticky foods.



Baby teeth are important. Your child needs them for:

- Smiling
- Chewing food
- Proper speech
- Healthy growth and development

Tooth decay can lead to:

- Pain and infection
- Difficulty learning
- Problems with adult teeth