

## Why fluoride varnish

- 1 Safe
- 2 Easy
- 3 Effective
- 4 Quick
- 5 Inexpensive



Fluoride varnish has been proven to prevent and reverse caries.



Government of Guam  
Department of Public Health  
and Social Services

123 Chalan Kareta  
Mangilao, Guam 96913

## A Guide for Parents

Mangilao Dental Clinic

735-7364

Monday to Friday: 8am to 5pm  
Closed Holidays

**Protect your  
Child's Smile**  
(3 - 5 years old)



**Tips** for keeping  
your child's smile  
beautiful



# 1 | BRUSH AT LEAST TWICE A DAY

Make sure your child brushes his teeth at least twice a day, once after breakfast and once before going to bed.

Use a soft, child-sized toothbrush to clean the teeth, gums, and tongue.



# 3 | LIMIT SNACKS

Avoid giving your child snacks like chips, candy, cookies, ice cream, juice or soda.

The more often your child snacks on food containing sugars and starches, the greater the chances for tooth decay. An acid forms in the mouth and if your child does not brush, the acid will eat away the tooth and form a cavity.

Preferred snacks:

- fresh fruits
- cheese
- vegetables
- breads



# 4 | PROTECT YOUR CHILD'S TEETH WITH FLUORIDE

Your child should get fluoride varnish applied to his teeth 2-3 times a year.

Fluoride varnish is a sticky type of fluoride that helps protect your child's teeth for a longer period of time. Fluoride varnish is yellow when it is applied, but it can be removed when the teeth are brushed. The varnish needs to stay on for at least four hours.



# 2 | VISIT THE DENTIST REGULARLY

Make an appointment to see the dentist as soon as your child's teeth erupt. See the dentist at least twice a year for an oral exam and cleaning.