

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

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Mangilao, Guam 96913

A Guide for Parents

Mangilao Dental Clinic

735-7364

Monday to Friday: 8am to 5pm
Closed Holidays

**Protect your
Toddler's Smile**
(18-36 months old)



Tips for keeping
your child's smile
beautiful

1 | BRUSH AT LEAST TWICE A DAY

Brush your child's teeth at least twice a day, after breakfast and before bedtime. Never leave the house or go to bed without brushing.

Use a soft, child-sized toothbrush to clean the teeth, gums, and tongue. Use a "pea-sized" amount of fluoride toothpaste on the toothbrush.

Allow your child to practice brushing his own teeth but continue to supervise him until he is six years old.



2 | 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



3 | 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.

