

# Fluoride Varnish for Healthy Teeth

## What is Fluoride Varnish?

A coating that can be painted on a child's teeth.

## What does Fluoride Varnish do?

Fluoride varnish makes teeth stronger and helps prevent tooth decay. It is safe, even for babies.

## Where can my child get Fluoride Varnish?

Get fluoride varnish from the Dental Department, local healthcare workers, or at school.

## When can my child get Fluoride Varnish?

As soon as your child gets his or her first baby tooth.



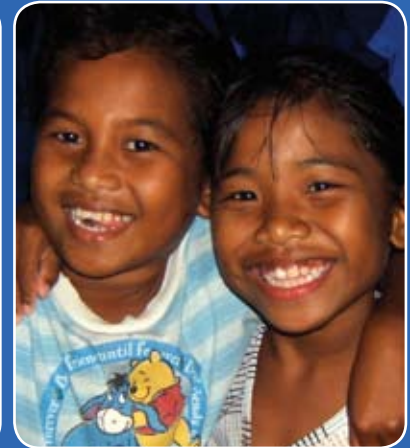
To receive fluoride varnish, your child can be laid on the exam table or on your lap.



The teeth will be dried with soft cotton.



The teeth will be painted with varnish.



Fluoride varnish is good for your kids and does not hurt.

For healthy teeth, your child should receive fluoride varnish at least three times a year.

If you have any questions, please ask your dentist, health worker, or your student's teacher.

