Protect Your Baby From Tooth Decay!

Correct amount of toothpaste for young children

Use a thin smear for children under age 3
Use a pea-sized amount for children ages 3-6

Why are baby teeth important?

Your child needs them for:
• Smiling
• Chewing
• Talking

WHAT DOES TOOTH DECAY LEAD TO?

• Pain
• Bad behavior
• Poor overall health
• Poor school learning

For more information contact:
Lindy Bollen, Jr., DDS, Director
Office of Oral Health
Arkansas Department of Health
4815 West Markham, Slot 18
Little Rock, AR 72205
501-661-2279

Paint A Smile
FOR ARKANSAS

Fluoride varnish
Dental screening and fluoride varnish
Why baby teeth are important
How to keep your child’s teeth healthy

Learn about:

Over 1/3 of preschool children have cavities!
What is fluoride varnish?

Fluoride varnish is a temporary protective coating painted on teeth.

Why is fluoride varnish recommended for children’s teeth?

Fluoride varnish makes teeth stronger and helps stop cavities.

Is fluoride varnish safe?

Fluoride varnish is safe and can be used on babies from the time they have their first tooth.

How is fluoride varnish applied to the teeth during a dental visit?

First, your child’s teeth will be checked to make sure they are healthy.

Then, fluoride varnish will be painted on with a brush. It is quick and easy! Children’s teeth may appear clear or yellow after the fluoride varnish is painted on, but this will disappear.

What happens after the fluoride varnish is applied?

Your child should eat soft foods only that day. Wait until the next morning to brush their teeth.

How can I keep my child’s teeth healthy?

• Brush your child’s teeth twice a day. A soft washrag works good for baby’s teeth.
• Don’t put your child to bed with a bottle.
• Give your child water from the faucet and sugar-free gum, and avoid sugary drinks and junk foods.
• Juice should only be given at mealtimes.
• Take your child to the dentist by age one.