



Fluoride Varnish helps stop decay
but the habits that started the
tooth decay must change.

This means...

- No bottles of milk or juice in bed
- If using sip cups, only use water except at mealtimes
- Brush your child's teeth twice a day with a smear (about the size of a grain of rice) of fluoride toothpaste
- Give healthy snacks. Avoid nibbling and sipping all day long
- Use fluoride toothpaste approved by the Canadian Dental Association. Look for their stamp of approval on the tube

If you want your child to be in the
Fluoride Varnish Program, please
call the dental team.

Northern Interior Dental Programs
Prince George 250-565-7445
Quesnel 250-983-6810

Northern Interior Health Units
Burns Lake 250-692-2460
Fort St James 250-996-7178
Fraser Lake 250-699-8960
Mackenzie 250-997-3263 ext 255
McBride 250-569-2251
Valemount 250-566-9138
Vanderhoof 250-567-6900



northern health
the northern way of caring

www.northernhealth.ca

41-403-6010 (toll-free in BC)

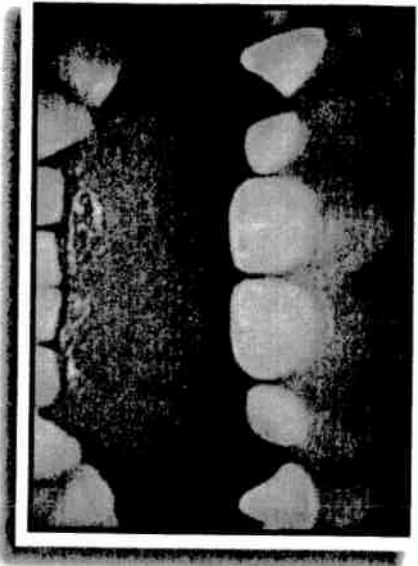
Fluoride Varnish Program

A **FREE** program to help
prevent childhood
tooth decay



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Healthy Baby Teeth

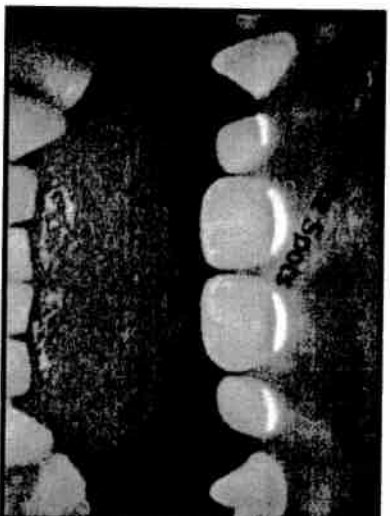
Does Your Child Need Fluoride Varnish?

Yes if . . .

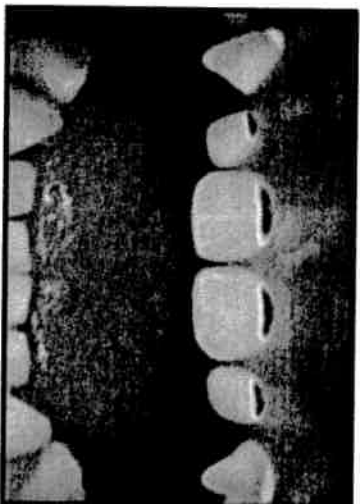
- you or your other children have had cavities
- your child sleeps with a bottle with anything other than water in it
- your child's teeth are not cleaned daily with a fluoride toothpaste
- your child's teeth look like any of the teeth in these 3 photos



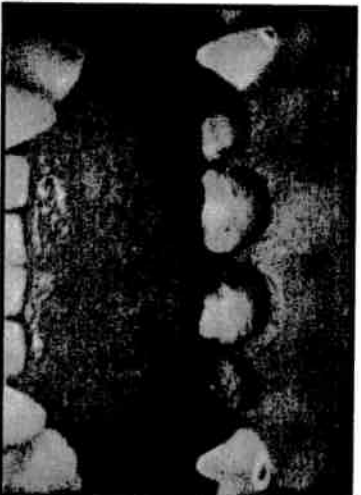
Check your child's teeth



Early Decay



Moderate Decay



Severe Decay

How is Fluoride Varnish applied?



Teeth are gently wiped dry and then "painted" with varnish. This takes about 1 minute.



Fluoride Varnish helps strengthen teeth and stop early tooth decay (white spots).

Once is not enough.