



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# Does Your Child Need Fluoride Varnish?

**Your dental professional will tell you how many fluoride varnish (FV) applications your child needs, based on what they see in your child's mouth and your child's risk for cavities.**



## **Low Risk = 2 fluoride varnishes per year.**

- No cavities.
- No fillings.
- Teeth cleaned twice daily by parent(s).
- Sugary foods and drinks are limited.
- Regular visits to a dental professional.



## **High Risk = 4 fluoride varnishes per year**

- Cavities and/or fillings.
- New cavities starting (white spots).
- Teeth not cleaned by parent(s).
- Sugary foods and drink between meals (i.e. a bottle or a sippy cup containing anything other than water between meals or feedings).
- Family does not visit or have access to a dental professional regularly.
- Parent/caregivers have cavities.
- Child has special health care needs.



**If your child is 'high risk,' by changing only one or two behaviours you can reduce the risk of new decay!**

**Congratulations if your child is already in the 'low risk' category!**

## **What is Fluoride?**

- It is found naturally in some well water, and can be added to water systems to help prevent tooth decay.
- It helps to harden tooth enamel (the outside surface of teeth) and make teeth stronger.
- FV can even help to prevent small cavities from getting bigger.
- It only takes a few seconds to apply FV with a small brush.
- Your dental professional will recommend twice daily brushing with fluoride toothpaste in addition to FV.