

## Dental Health Tips for Parents

- Wipe your infant's gums every day with a damp, clean cloth.
- Take your child to a dentist by first tooth or first birthday—whichever comes first.
- Get fluoride varnish from the doctor and dentist.
- Avoid giving milk, juice, or soda at bedtime.
- Limit sugary snacks, drinks, and juices. Water is best!
- Check your child's teeth often for white, black, or brown spots.
- Brush your child's first teeth with a rice grain-sized amount of fluoride toothpaste then a pea-sized amount when they can spit, around 3 years old.



0-3 years



3 and up

If you need help finding a dentist or pediatrician for your child call CHDP at 209-468-8335.

Dentist Name:

Phone Number:

Next Appointment:

**SAN JOAQUIN COUNTY  
PUBLIC HEALTH SERVICES  
CHILD HEALTH AND DISABILITY  
PREVENTION PROGRAM (CHDP)**

P.O. Box 2009 Stockton, CA 95201  
Phone: 209-468-8335  
Fax: 209-953-3632



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PUBLIC HEALTH SERVICES  
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## Fluoride Varnish



**HELPING  
SMILES STAY  
STRONG**

## Fluoride Varnish Is:

A thick liquid that is painted on teeth to prevent tooth decay



## Benefits of Fluoride:

- Helps strengthen teeth
- Can reverse early decay
- Quick
- Easy
- Painless



## Why Should We Protect Baby Teeth Using Fluoride ?

- Baby teeth help a child eat, speak, and smile.
- Baby teeth hold space in the jaw for adult teeth to grow in.
- Tooth decay pain can make it hard for a child to learn in school.
- Strong and healthy teeth makes a visit to the dentist easy and painless.



## Where Can My Child Get Fluoride Varnish?

- Pediatrician's office\*
- Dentist's office
- School
- Health fairs

\*Your child can get fluoride varnish at the pediatrician's office 3 times a year up to the age of 6!

## Fluoride Varnish Tips for Parents

- Drinking water is ok.
- No crunchy, sticky, hard, or hot foods for the rest of the day.
- Don't brush or floss for at least 4-6 hours or until the next day.
- Any yellow color will go away.