

## Habits that cause tooth decay need to change.

### *This means . . .*

- ☑ *If your child needs a bottle in bed, only use water.*
- ☑ Drink water for thirst between meals. Offer other drinks at mealtime and snack times.
- ☑ Around age one, teach your child to drink from a lidless, regular cup.
- ☑ Give healthy snacks. Avoid nibbling and sipping all day long.

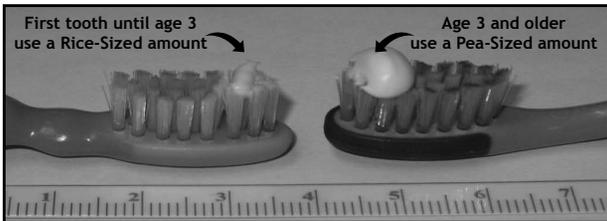


Photo courtesy of the Canadian Dental Association



Brush your child's teeth twice a day with a fluoride toothpaste, especially before bedtime.

Please contact us for more information:

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For more information, visit us [northernhealth.ca](http://northernhealth.ca)

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**northern health**  
*the northern way of caring*

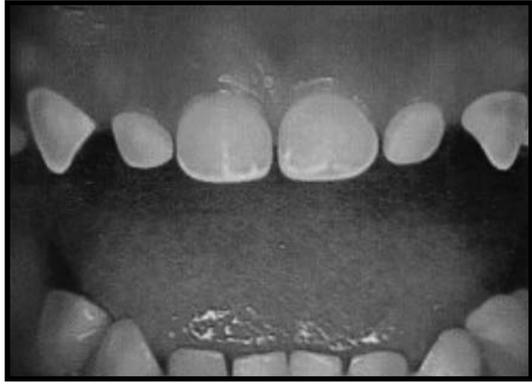
# Fluoride Varnish

A FREE program to help STOP tooth decay



  
**northern health**  
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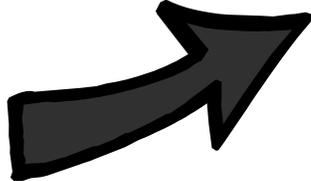
## Healthy Baby Teeth



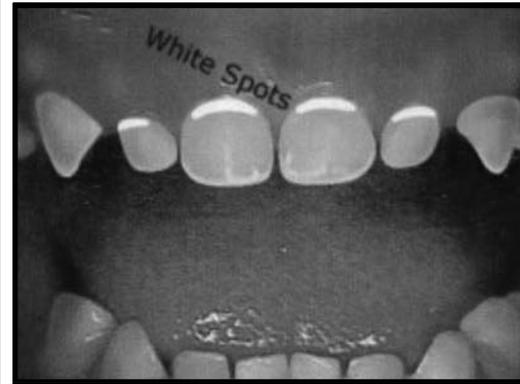
Help your child have a healthy smile.

*Your child may be at risk for tooth decay if...*

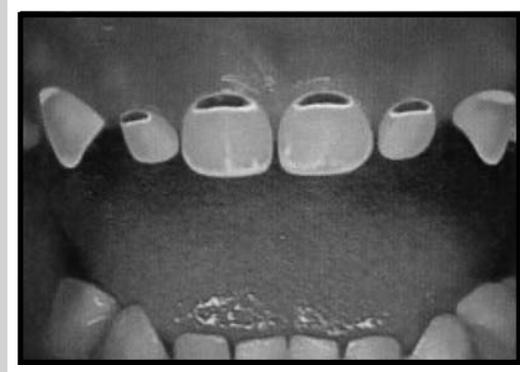
- ☑ you or your other children have had tooth decay in the past year
- ☑ your child sleeps with a bottle with anything other than water in it
- ☑ your child's teeth are **not brushed** daily with a fluoride toothpaste
- ☑ your child's teeth look like any of the teeth in these 3 photos



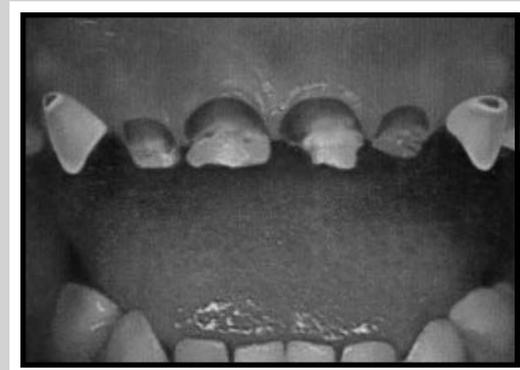
## Check your child's teeth



*Early Tooth Decay*



*Moderate Tooth Decay*



*Severe Tooth Decay*

## Fluoride Varnish can help STOP tooth decay

Fluoride Varnish is “painted” on teeth after teeth are gently wiped dry.



This takes about 1 minute.



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

***Once is not enough.***