



Fluoride Protects Your Child's Teeth Against Decay!!

Early care of your child's teeth can set the stage for a life of healthy teeth and gums.

Fluoride can protect your child's teeth against cavities.

WHY IS FLUORIDE NEEDED?

-  Teeth are covered with a sticky film of germs, called **plaque**. Plaque uses the food we eat to make acids that cause **cavities**.
-  Fluoride fights the acids that cause cavities by making the teeth stronger.
-  Even before teeth come in, **fluoridated water** strengthens them.
-  After teeth come in, **fluoride treatments** and **fluoride toothpaste** protect against cavities.

WHO SHOULD HAVE FLUORIDE?

-  Children are helped the most by fluoride. By drinking **fluoridated water**, teeth become stronger even before they come into the mouth! After the teeth come in, **fluoride toothpaste** and **fluoride treatments** make the teeth even stronger.
-  Adult teeth are helped by **fluoride toothpaste** and **mouth rinses**.

HOW CAN MY CHILD GET ENOUGH FLUORIDE?

-  Drink fluoridated water.
-  Brush teeth with fluoride toothpaste (a pea-sized amount is all that is needed).
-  Use a fluoride mouthrinse after 6 years of age.
-  **See a dentist** for regular fluoride treatments.

TO GIVE YOUR CHILD THE BEST CHANCE FOR HEALTHY TEETH, USE FLUORIDE!!!