

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.

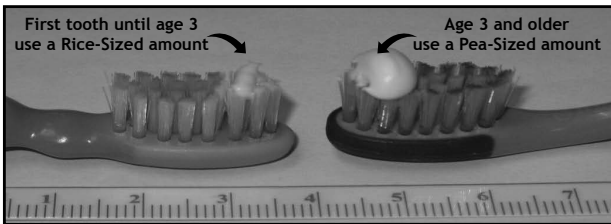


Photo courtesy of the Canadian Dental Association



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

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northern health
the northern way of caring

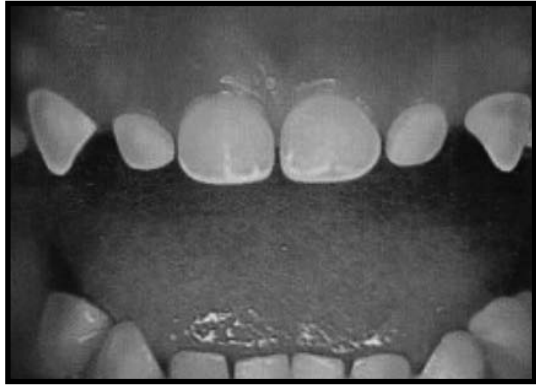
Fluoride Varnish

A FREE program to help
STOP tooth decay




northern health
the northern way of caring

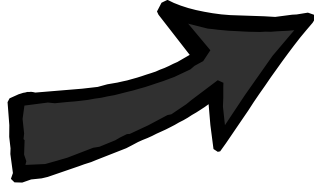
Healthy Baby Teeth



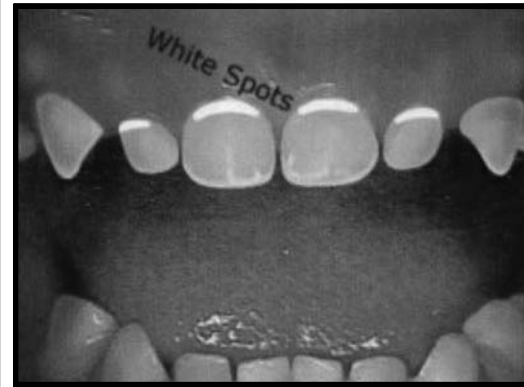
Help your child have a healthy smile.

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

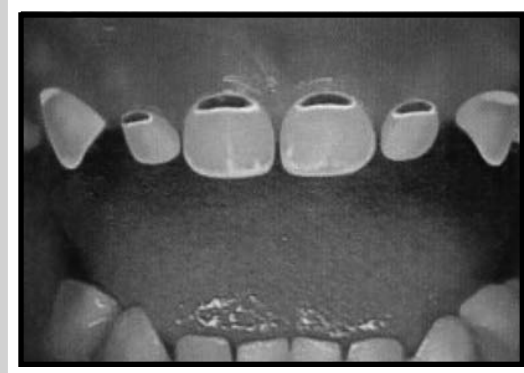
- ☑ you or your other children have had tooth decay in the past year
- ☑ your child sleeps with a bottle with anything other than water in it
- ☑ your child's teeth are *not brushed* daily with a fluoride toothpaste
- ☑ your child's teeth look like any of the teeth in these 3 photos



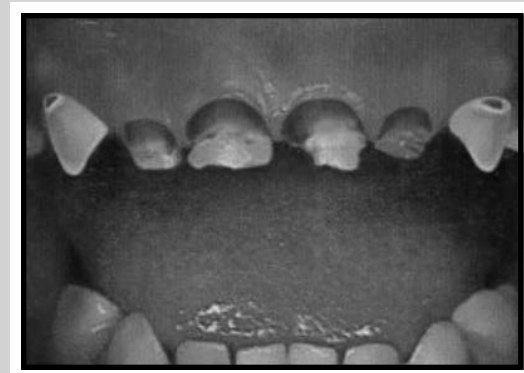
Check your child's teeth



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.