

Cavities are preventable!

But dental disease is still the most common health condition for kids.



Fluoride varnish helps keep smiles healthy.

What does fluoride varnish do?

It strengthens our teeth and can even repair early cavities.



Is fluoride varnish safe?

Yes!
Dental and medical providers apply it. It hardens quickly and stays on teeth.



How often should my child get fluoride varnish?

2 to 4 times a year starting with your child's first tooth.



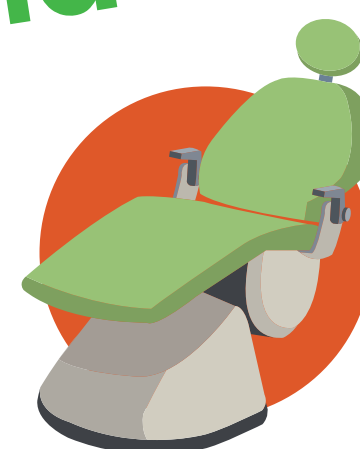
What else can I do to care for my child's teeth?



Eat a healthy diet; limit sweet drinks, sticky candies, and snacks.



Brush twice a day with the right amount of fluoridated toothpaste.



Take your child to the dentist by age 1.

Need to find a dentist?

For children: [ABCD-dental.org](https://www.abcd-dental.org)

For adults: [DentistLink.org](https://www.DentistLink.org)



Access to
Baby & Child
Dentistry™



DentistLink

POWERED BY ARCORA FOUNDATION

ARCORA Foundation
Bending the Arc of Oral Health Toward Equity