

Did you know...?

Cavities are the most common chronic childhood disease but they can be prevented.

Children have 20 baby teeth by age 3.

Children do not lose all of their baby teeth until age 11 or 12.

In NC, 25% of children have a cavity when they start kindergarten.

Baby teeth need to be protected from decay, just like permanent teeth do.

Why are Baby Teeth Important?

Your child needs them for...

- Chewing food
- Speaking clearly
- Facial development
- Holding space for adult teeth
- Overall good health
- A healthy smile!

Into The Mouths of Babes

NC Dental Screening & Varnish Project

Ask your medical doctor or health department about dental screening and fluoride varnish for your child.

Into the Mouths of Babes Partnership

NC Academy of Family Physicians
NC Pediatric Society
NC Division of Medical Assistance
NC DHHS Oral Health Section
UNC School of Dentistry
UNC School of Public Health

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Division of Public Health, Oral Health Section
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Your Child Can Keep That Healthy Smile!



You Can Help...
and We Can Help You

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What happens during a dental screening and varnish procedure?

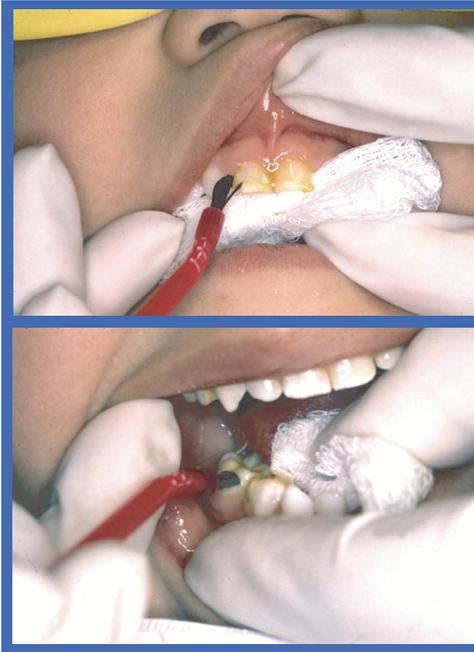
A doctor or nurse will :

1. Look at your child's teeth to make sure they are healthy.
2. Teach you how to take care of your child's teeth.
3. Apply fluoride varnish to your child's teeth with a small brush.
4. Remind you to give your child a soft diet that day and not to brush their teeth until the next day.

What is fluoride varnish?

- Fluoride varnish is a sticky material that the doctor or nurse paints on your child's teeth.
- Fluoride varnish works by making the teeth stronger and helping prevent cavities.
- You can see the varnish on your child's teeth until you brush it off the next day.

**Fluoride Varnish
is Safe and Painless !**



Fluoride varnish is painted on teeth with a small brush.



Brush your child's teeth daily.

How can I keep my child's teeth healthy?

- ✓ Ask your child's doctor about dental screening and fluoride varnish.
- ✓ Brush your child's teeth daily.
- ✓ Feed your child healthy meals and snacks - not many sweets!
- ✓ Don't put your child to bed with a bottle !
- ✓ Wean to a drinking cup by one year of age.
- ✓ Take your child to the dentist.