



# Stop Cavities with Fluoride



One of the best ways to stop cavities in “baby” teeth is to make sure children use fluoride. **Fluoride supports remineralization** – the steps taken to make teeth stronger and better able to fight off cavities.

For children younger than 8 years old, fluoride helps make adult teeth that are growing under the gums strong.



## Fluoride Varnish

Fluoride Varnish is brushed on teeth at the doctor's office. Fluoride varnish can make the outer coating of the teeth stronger.



## Fluoride Drops or Tablets

Fluoride drops or tablets are ready through your doctor by prescription and are used by children aged 6 months to 16 years old.



## Fluoride Toothpaste

If fluoride toothpaste is used, one way to limit the amount of toothpaste your child might swallow is by watching as they brush.

**The American Academy of Pediatrics (AAP)** suggests a smear (grain of rice amount) of fluoride toothpaste be used until your child's 3rd birthday. A pea sized amount can be used after 3. Talk to your child's dentist about the best amount of fluoride your child needs for growing little teeth and ask when to plan regular check-ups.



Learn more at  
[www.hpsj.com/healthysmiles](http://www.hpsj.com/healthysmiles).

Source: [www.healthychildren.org](http://www.healthychildren.org)

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