

Keep Your Child's Mouth Healthy with Fluoride

Fluoride is important for you and your child.

- Fluoride prevents cavities.
- Fluoride can reverse or heal early tooth decay.
- Regular use of fluoride makes teeth strong and fights tooth decay.

A healthy mouth is necessary for overall health.

- Cavities can cause your child pain and serious health problems.
- You can prevent cavities by caring for your mouth and your child's mouth every day with fluoride.

Dental Health Coverage

Maryland Healthy Smiles Dental Program (Maryland's Medicaid Dental Program) covers dental visits for pregnant women and children through age 20. For more information, go to **HealthyTeethHealthyKids.org**.



Learn more about fluoride and caring for your child's mouth at **healthyteethhealthykids.org**.

Get dental coverage. Maryland Healthy Smiles (Maryland's Medicaid Dental Program) covers dental costs for children and pregnant women.

Find a dentist and schedule an appointment for your child. For more information or to find a dentist, visit: **healthyteethhealthykids.org**.

Give your child a healthy mouth with fluoride!



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HealthyTeethHealthyKids.org

HealthyTeethHealthyKids.org

How to Care for You and Your Child's Mouth with Fluoride



DRINK. Drink tap water. Most tap water in Maryland contains fluoride. Tap water is safe to drink. Everyone—children and adults—who drinks tap water benefits from fluoride.



BRUSH. Brush your teeth twice a day (especially before bed) with fluoride toothpaste.

Once your baby's teeth come in, brush them with smear of fluoride toothpaste twice a day, every day, especially before bed. For children age 3 and over, use a pea-sized amount of fluoride toothpaste. Spit, don't rinse, to keep fluoride in the mouth longer.



GO TO THE DENTIST. Ask your dentist or doctor if your child is getting enough fluoride. Your child may need fluoride drops or tablets.

Give your child a healthy mouth with fluoride!



Understanding Fluoride

NATURAL. Fluoride is found in fresh and ocean waters. It is nature's way of keeping our teeth strong.

IMPORTANT. Fluoride prevents cavities. It can also reverse or heal early tooth decay.

PROVEN. Dentists have known for more than 70 years that fluoride keeps teeth healthy.

SAFE. Scientists have shown that fluoride is safe and effective.

FAMILIAR. The fluoride found in water prevents cavities just like the fluoride in toothpaste.

COMMUNITY WATER. When the amount of fluoride in your community's water is too low to protect your teeth, fluoride is added. Most tap water in Maryland contains fluoride. This is not always true for most bottled water.

