

Caregiver Checklist

- Do you know if your tap water has fluoride in it?
- Do your children drink fluoridated tap water?
- Is your toothpaste fluoridated?
- Do your children brush 2 times per day?
- Do you brush your teeth for your child (through age 6)?
- Do you have a dental home?
- Does your doctor or dentist apply fluoride varnish?



1. Drink Fluoridated Water

Make sure that your water has fluoride in it. Most bottled water does not contain fluoride.

2. Brush and Rinse with Fluoride

Brush your child's teeth two times per day with fluoridated toothpaste. After age 6 help your child use a fluoride rinse.

3. Apply Fluoride Varnish

Ask your doctor or dentist to apply fluoride varnish to your child's teeth 4 times per year.