

Understanding Fluoride



- **Natural.** Fluoride is found in fresh and ocean waters. It is nature's way of keeping your 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. This is not always true for most bottled water.



Learn more about fluoride and caring for your child's mouth.

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, call or visit:

1-855-45-TEETH (83384)

www.HealthyTeethHealthyKids.org



**Healthy Teeth
Healthy Kids**

Maryland Dental
Action Coalition
www.mdac.us



Give
your child
a healthy mouth
with fluoride!



**Healthy Teeth
Healthy Kids**



1-855-45-TEETH
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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.

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

Drink. Drink tap water. Tap water is safe to drink. Everyone who drinks tap water benefits from fluoride's cavity protection.



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

Once your baby's teeth come in, brush them with a tiny amount of fluoride toothpaste twice a day, every day, especially before bed.



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!



Healthy Teeth
Healthy Kids