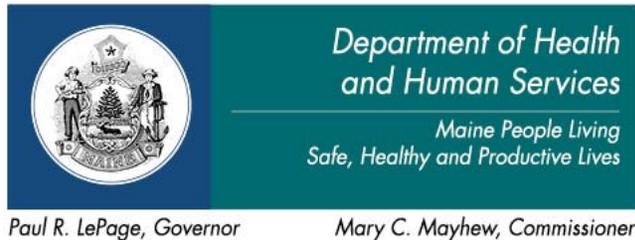


Children need fluoride to help protect their teeth from decay.

Here are some other things you can do to keep your child's teeth healthy:

- Help your child brush and floss every day.
- Take your child for regular check-ups at the dentist's office. Your child's first birthday is a great time to start. The dentist will tell you how often to come.
- Keep bottles of fluoride tablets and drops out of reach.
- Keep toothpaste out of reach, too, because children like to eat it.



**DHHS
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To order additional copies of this publication, or if you have questions about the content, please call: the Oral Health Program at 207-287-3121, TTY users call Maine relay 711.

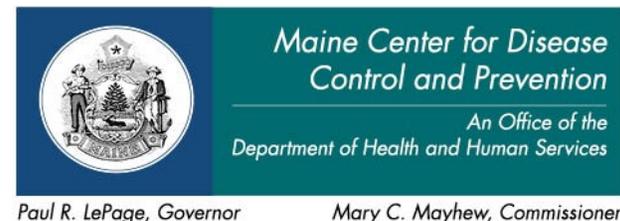
Revised 07/2013

Fluoride Facts for Parents

Taking good care of your child's teeth is an important part of total health. Making sure your child gets the right amount of fluoride is one easy thing you can do to help get your little boy or girl off to a healthy dental start.



Fluoride helps make teeth stronger and helps prevent cavities. It becomes part of the teeth while they are forming under the gums.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

Fluoride in Water



One way to get fluoride is through drinking water. Some cities and towns add fluoride to the public water supply. Someone at your town office can tell you if your house is on public water and if the water has fluoride.

Some well water may contain fluoride naturally. If you get your drinking water from a well or a spring, you should have your water tested for fluoride. You can get a water test application by asking for a “fluoride only test” from:

Health and Environmental Testing Lab
12 State House Station
Augusta, Maine 04333-0012



Or you can call **287-1716** for more information.

There is a small cost for the test.



Other Ways to Get Fluoride



If there isn't the right amount of fluoride in your drinking water, you can protect your child's teeth in other ways. You can get fluoride in tablets or drops, or in some daily vitamins. Ask your dentist or doctor if this would be best for your child.



Children up through age 13 should take fluoride tablets.

Fluoride protects the outside of teeth too. Fluoride rinses and toothpastes help prevent cavities. Use a toothpaste with low, or no, fluoride for children younger than 2. Remember, a small pea-sized dab of toothpaste is plenty. Even a tiny “smear” is enough for children up to age 6. Make sure your child does not swallow toothpaste and rinses with water after brushing.

