

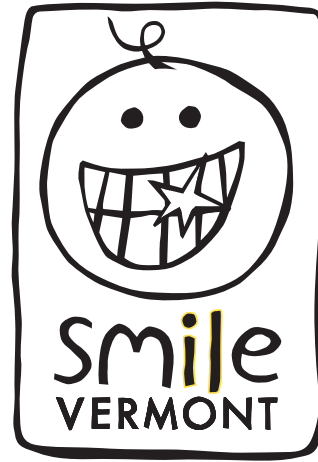


**In addition to good dental habits at home:**

- ☆ Always choose fluoride toothpaste.
- ☆ Take your child for regular dental visits.
- ☆ Talk to your child's dentist about fluoride treatments and sealants.
- ☆ Find out if your school has a Fluoride Mouthrinse Program.

**Check with your school nurse, school Tooth Tutor dental hygienist, the Vermont Department of Health or your dentist. Dr. Dynasaur, Medicaid and private dental insurance may cover checkups, sealants and fluoride.**

**Smiles should last forever.**



**Questions?**

For more information about your child's dental health, questions about Dr. Dynasaur or other dental insurance programs, help finding a dentist or finding out if your school has a Fluoride Mouthrinse Program or a Tooth Tutor Program, and much more:

**[www.smilevt.org](http://www.smilevt.org)  
1-888-9VT-SMILE**



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The Robert Wood Johnson Foundation

**Something to Smile About...  
Your Children  
Can Be Cavity-Free**



**Dr. Dynasaur, Medicaid, and private dental insurance can help you with...**

**3 Ways to Prevent Cavities:**

- Fluoride
- Sealants
- Regular Checkups



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# Fluoride

## Why is fluoride important?

Fluoride is a natural mineral. Fluoride builds strong teeth and protects against cavities.



## How can my child get fluoride?

Fluoride is easy to find! Fluoride is found in:

- Fluoride toothpaste
- Fluoride mouthrinse at school or at home
- Fluoride at the dentist
- Fluoridated drinking water or fluoride tablets

**If your child isn't getting enough fluoride, talk to your doctor, dentist, or school nurse. They may suggest taking fluoride tablets or the Fluoride Mouthrinse Program at school.**

## Fluoride Mouthrinse Program

Ask your school nurse if this free program is available in your child's school.



# Sealants

**Protect your child's molars with sealants.**

## What are sealants?

Sealants are a thin, plastic coating painted on the chewing surfaces of molar teeth. Sealants are easy to apply and one of the best ways to prevent cavities.



**Unsealed**



**Sealed**

## Why get sealants?

### Sealants:

- Keep out germs
- Make teeth easier to clean
- Protect teeth for years

# Regular Checkups

**Regular Checkups can catch cavities and help prevent new ones.**

## What happens at a check up?

- Dental exam
- Dental x-rays
- Dental Cleaning
- Sealants
- Fluoride treatments

**For parents, this is a time to ask questions.**

## Why have regular dental care?

- To renew fluoride in teeth
- To check sealants
- To find cavities when they're small
- To find bite problems early
- To stay cavity free
- To make it easier to get emergency care

