Childsmile means healthy teeth for your child

2016 Easy Read version
The fluoride varnish programme

Fluoride varnish is a pale yellow gel that dries quickly and protects children’s teeth.

It has a nice fruity taste.

Dental nurses use a soft brush to paint the gel on children’s teeth.

They will not use it on children who:
- have a sore mouth
- have been in hospital for asthma or allergies.

Your child can have the varnish on their teeth while they are at school and nursery twice a year.
Childsmile will get in touch with you each time to check your child's information is correct.

You may have heard that children who swallow too much fluoride over a long time can get white spots on their teeth. This should not happen with the fluoride varnish.

**Fluoride**

If your child is taking fluoride drops or tablets, they should not take them at the same time as having fluoride varnish. They should not take them the day before, the same day, or the day after having fluoride varnish put on their teeth.

**Fluoride**

After that, they can carry on with the drops or tablets as usual.
When your child comes to have fluoride varnish, they will be given full information on what to do afterwards.

Keeping your child’s teeth healthy at home

Young children need help every day with brushing their teeth.

Brushing at least twice a day with a fluoride toothpaste can help make sure your child has healthy teeth.

Every child in Scotland will get a dental pack at least 5 times between the ages of 3 and 5.
The pack has a toothbrush and fluoride toothpaste.

At home, you should help your child with brushing their teeth and gums until they are 7 years old.

This is to make sure they do it the right way.

After brushing tell your child to ‘spit, but do not rinse’.

This gives the toothpaste time to work on the teeth.

Make sure they do not swallow toothpaste while they are brushing their teeth.

They should brush teeth and gums at least twice a day with fluoride toothpaste.
Plain milk and tap water are the best drinks for teeth.

Keep food and drinks that have sugar in them to mealtimes only.

Make sure your child is signed up with a dentist and goes when asked to.

Your dentist will paint your child's teeth with fluoride varnish twice a year.
For more information go to our website: www.child-smile.org

Or phone the NHS Helpline:
0800 224488

You will be asked to fill in a form giving permission for your child to be part of this programme.