

FLUORIDE VARNISH

information



**Aboriginal & Torres Strait
Islander Health Practitioners**
from

will be at

to apply FREE fluoride
varnish to children's teeth on

What is fluoride varnish?

Fluoride varnish is a tooth medicine. It's a special liquid with fluoride that is painted on the teeth using a small soft brush.

What does fluoride varnish do?

When it is painted on the teeth it forms a protective covering that makes teeth stronger and helps prevent tooth decay (holes in teeth).

What's involved?

Fluoride varnish will be applied by an Aboriginal & Torres Strait Islander Health Practitioner.

Fluoride varnish is safe, it doesn't hurt and only takes a minute or two to apply.

Please help families fill out and return the **consent form** so that children can have fluoride varnish applied and be protected from tooth decay.



We believe that keeping children's teeth healthy is part of keeping children's whole bodies well.

We want to make sure all children and families are supported with preventive care that keeps teeth strong and healthy from an early age and sets them up for life.

Talking to children about Fluoride Varnish



Use story time to yarn about teeth

You can help make children feel comfortable about having their teeth checked and fluoride varnish painted on. In the days leading up to the session, start talking about what will happen at the session and during a "mouth check".

Tell it like it is and keep it positive.

- On _____ an Aboriginal & Torres Strait Islander Health Practitioner is coming to _____ to count your teeth.
- They will paint your teeth with special 'tooth medicine' which makes them strong.
- Let's practise, "Open wide and ROAR like a lion."

Read stories about visiting the dentist. Sing songs and have fun with games or other activities about teeth. The children will enjoy learning about teeth and practising opening their mouths wide. They can also practise counting teeth.

Role play with Little Croc

Use our friend, Little Croc (crocodile puppet), and pretend to be the 'dentist'. Show children how the 'dentist' will count the teeth and paint on the special 'tooth medicine'.

On the day

On the day, it is helpful to have a list with children's names in alphabetical order. Please have a staff member available to identify children and check attendance.

The fluoride application takes just a few minutes. A bib and glasses will be placed on the child. The Aboriginal & Torres Strait Islander Health Practitioner will check each child's teeth and mouth. The child's teeth are gently wiped with a cotton wool roll and the correct amount of fluoride varnish is applied using a small soft brush. Painting fluoride varnish onto teeth is very easy.

If the child becomes upset at any time, the procedure will be stopped.

Teeth can look yellow after the treatment but this will soon go away. It is best if children do not have any hard or crunchy foods for the next 4 hours.

Drinking and only eating softer foods means that the fluoride varnish is able to stay on the teeth for as long as possible.

