

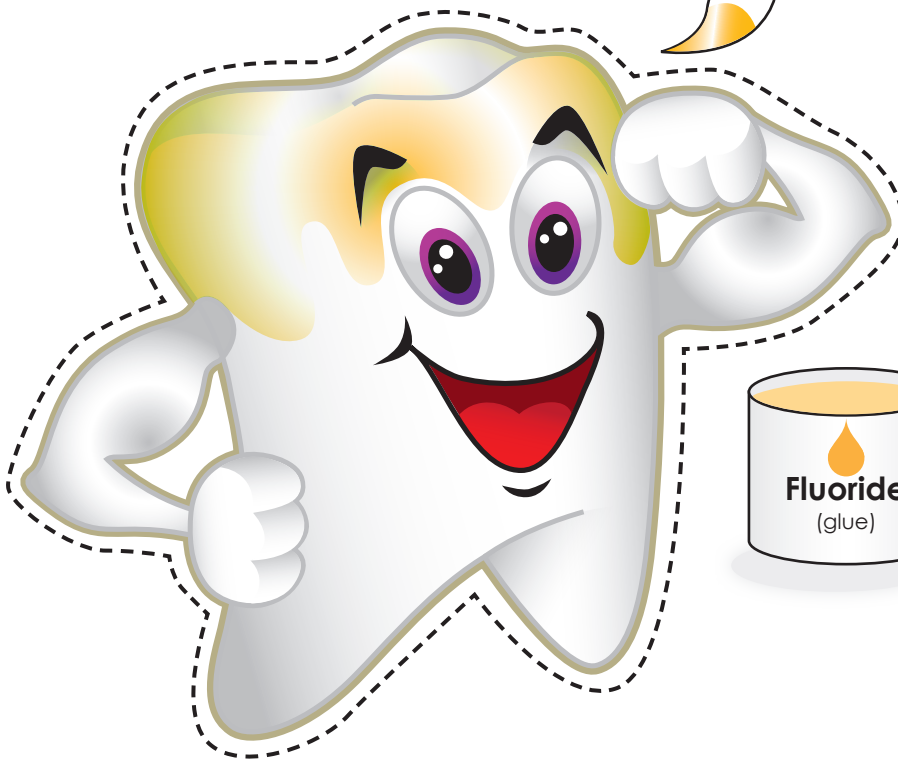


Do you know what fluoride is?

Fluoride is a mineral that acts like a vitamin for our teeth. A dentist can put fluoride varnish on your teeth with a little brush. It does not hurt and it takes no more than 5 minutes! Fluoride is also in tap water and even in some foods we eat!



Cut out the tooth below and paint with fluoride to see how strong and shiny it will be!



Making My Teeth Strong

What you will need:

- A printed copy of this brochure
- 1 small paintbrush
- Non-toxic clear liquid glue
- Scissors

(Items can be found at your local dollar store)

Instructions:

- Set out a generous amount of glue and paintbrush per child.
- Have each child cut out the printed tooth shape *(or have help from an adult)*.
- Explain to the child(ren) what fluoride is and where it can be found.
- Have each child paint the tooth cutout with a thick amount of glue. Explain how the dentist-applied fluoride application to their teeth is like painting glue on the cutouts - the glue will dry hard and shiny!
- Encourage each child to imagine what the tooth cutout will look like once the glue dries.
- Once the glue is fully dry, show them how strong and shiny the glue *(fluoride)* made the tooth cutout.

Lesson learned:

Fluoride treatments and fluoride toothpaste (like the glue) help to make teeth healthy and strong.