



Dear Parent / Legal Guardian / Carer,

Keep Your Smile is a FREE oral health screening and fluoride varnish program provided by Gold Coast Oral Health Service on-site at the child's childcare centre.

Children participating in the Keep Your Smile Program will receive:

- Limited dental examination (a basic visual inspection to identify those who are likely to require dental care)
- Oral health education including toothbrushing instruction
- Professionally applied fluoride varnish as required
- Take home dental pack and printed advice on their oral health needs and how to access FREE follow up dental care

Fluoride varnish is made with 5% sodium fluoride and is widely used as a prevention tool for vulnerable teeth. It can protect both 'baby' and 'adult' teeth to stop cavities starting and slow cavities that have already begun. It is proven safe and effective for children of all ages, including infants. The application is quick, and most children are happy with the fruity bubblegum taste.

It can best help prevent decay when a child is also brushing using toothpaste with fluoride, flossing regularly, getting regular dental care, and eating a healthy diet.

To register children to participate in the Keep Your Smile Program, please complete program consent form and return to the child's teacher.