



EFFECTIVE USE OF THE FLUORIDE VARNISH RESOURCE

There are many different resources within the Fluoride Varnish pack. Here are just a few suggestions on how they can be used by staff, for the nursery children.

1. Encourage the children to talk about teeth and the reasons it is important to look after them. (We use them to eat and speak, to look and feel good, and to have nice smiles). Toothbrushing and having fluoride varnish painted on their teeth, also helps to keep them healthy.
2. Talk about the fluoride varnish, it's golden, it's sticky and it's a person who works with teeth that will be coming to paint it onto their teeth. Remind them that their nursery teacher will also be there.
3. Discuss what the person will be wearing, i.e uniform, gloves mask etc.
4. Offer reassurance that the fluoride varnish session is a pleasant experience that will take place in a familiar setting to them.
5. Use the story book and video as discussion points to go over with the children.
6. Talk about children's own experiences of the dentist or dental hospital, either as patients themselves or accompanying other family members.
7. Allow the children to explore their feelings and express their anxieties through the discussion offer reassurance and keep it positive. This can help reduce fears before and after the fluoride varnish session.