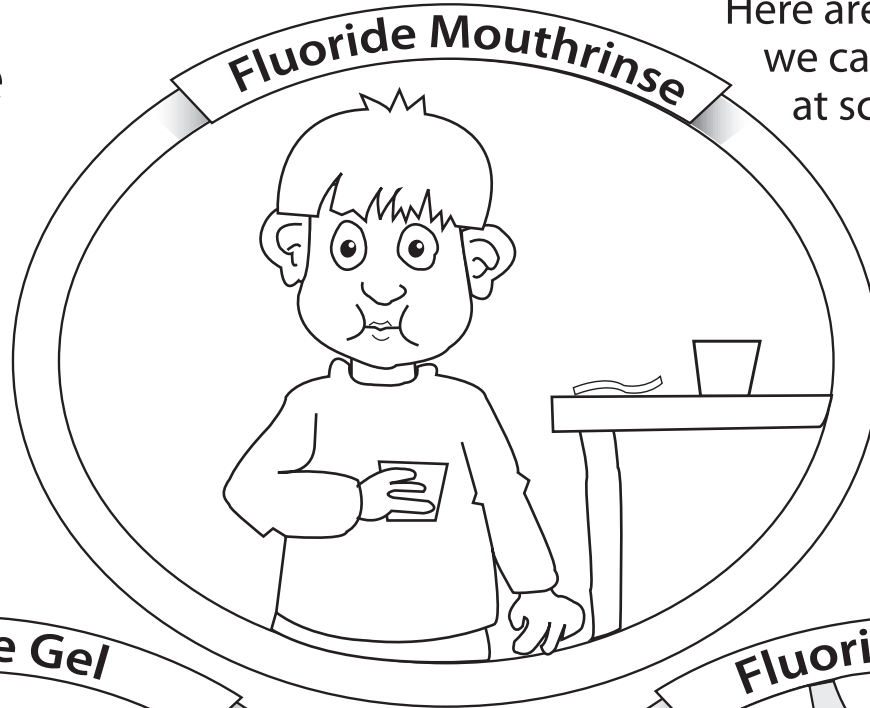


# How Can We Get Fluoride For Our Teeth?

We all need fluoride for our teeth.

Fluoride makes teeth strong so they can fight decay and stay healthy.

## Fluoride Mouthrinse



Here are three special ways we can get fluoride for our teeth at school, and at the dentist office.

Can you name two ways to get fluoride for your teeth at home?

1. \_\_\_\_\_
2. \_\_\_\_\_

## Fluoride Gel



## Fluoride Varnish

