

# Smiles for Life

## Fluoride Varnish Program

### What is the Smiles for Life Fluoride Varnish Program?

The Smiles for Life Fluoride Varnish Program focuses on preventing caries (cavities) in children. The program addresses how the use of fluoride is part of a comprehensive approach to a child's oral health. Health-care providers will learn the benefits of fluoride, appropriate safety precautions, and dosing for fluoride, as well as how to apply fluoride varnish and provide adequate follow-up care.



### Why is Smiles for Life being offered?

In 2007, legislation was passed allowing health-care providers (physicians, physician's assistants, nurse practitioners, registered nurses and licensed practical nurses) to assess oral health and apply fluoride varnish to help prevent tooth decay for high-risk children ages birth through 20 years.

### Why is fluoride varnish important for kids?

Many children do not have access to oral health care from a dentist on a regular basis. Applying fluoride varnish on a regular basis can help these children protect their teeth and prevent cavities from forming. During the application, it provides an opportunity to educate children about the importance of brushing, flossing and caring for their teeth.

### How do I get trained on the Smiles for Life Program?

All health-care providers applying fluoride varnish must successfully complete the North Dakota State Board of Dental Examiner's approved training program through the Smiles for Life curriculum. This convenient, online training is available at [www.smilesforlifeoralhealth.org](http://www.smilesforlifeoralhealth.org). Click Course 6: Caries Risk Assessment, Fluoride Varnish and Counseling to begin training.

### Are credits available for training?

Upon completion of this course, if scoring 80 percent or higher on the post test, you will receive free CME and nursing contact hours. A printed certificate of completion is needed for verification of credits. When you have completed the training and the post test, you will be asked if you would like to print the certificate.

Upon completion of the Smiles for Life online curriculum, you are requested to complete the online training completion form and view Smiles for Life guidance, which can be accessed at [www.ndhealth.gov/oralhealth/programs.htm](http://www.ndhealth.gov/oralhealth/programs.htm).

### Where can I find more information about the Smiles for Life Program?

For more information, visit [www.ndhealth.gov/oralhealth/programs.htm](http://www.ndhealth.gov/oralhealth/programs.htm).

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For more information about Smile for Life or fluoride varnish, contact:

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