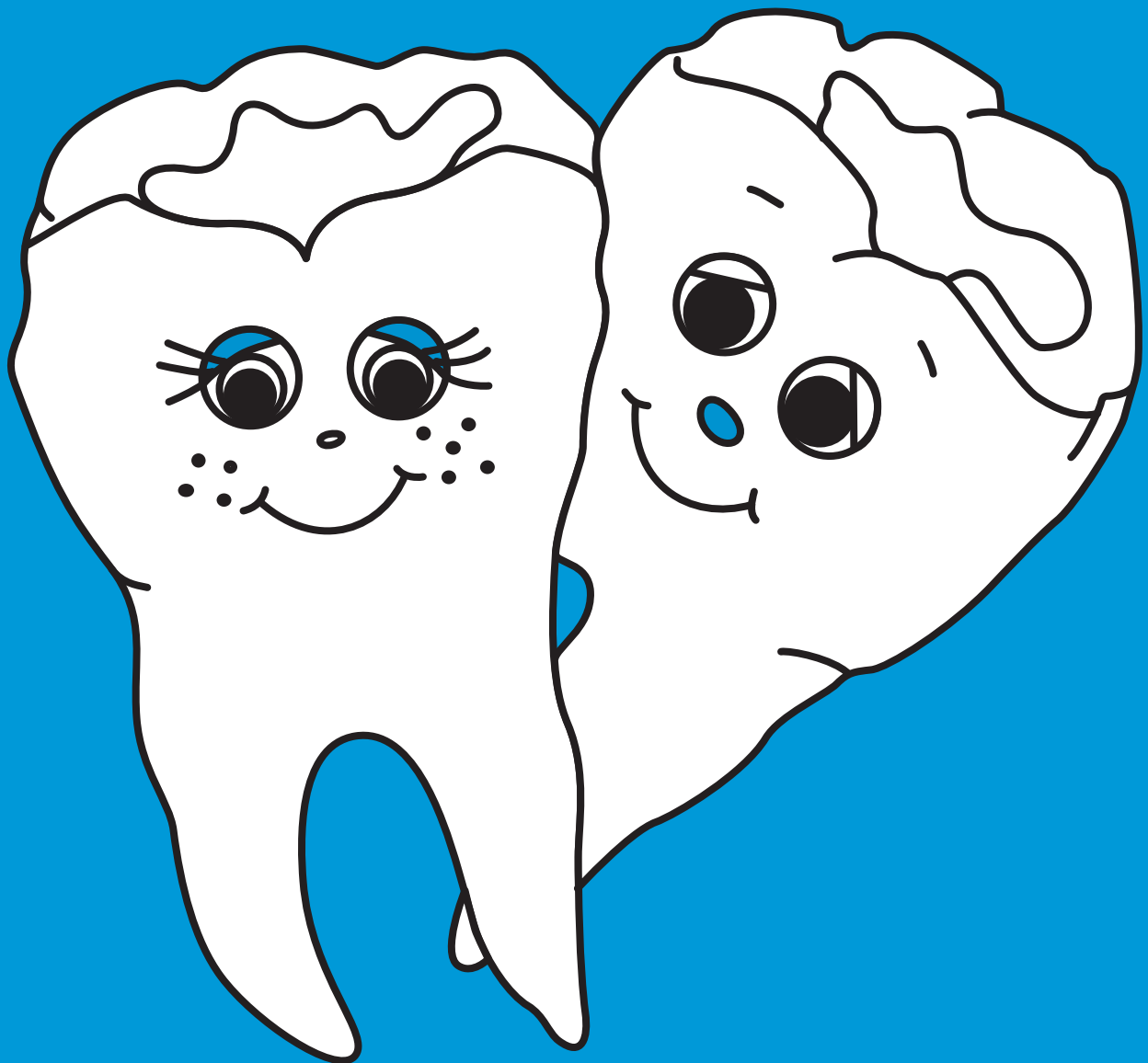


Molly and Michael Molar
Get Sealants
To Stay Strong and Healthy



Dear Parent:

Every child who might get cavities needs to have dental sealants placed on his or her teeth. Please share this story about sealants with your child.

A sealant is soft, thin, plastic material that is placed on the chewing surfaces of permanent back teeth. Sealants protect teeth from decay or cavities. Sealants fill pits and grooves where food can get stuck and where cavities form.

Sealants do not hurt. No drilling is done. The sealant is just placed on the teeth and then dried.

A dentist or dental hygienist can easily apply sealants to your child's permanent back teeth beginning around age 6 or 7. The dentist or dental hygienist and you will decide if your child needs sealants.

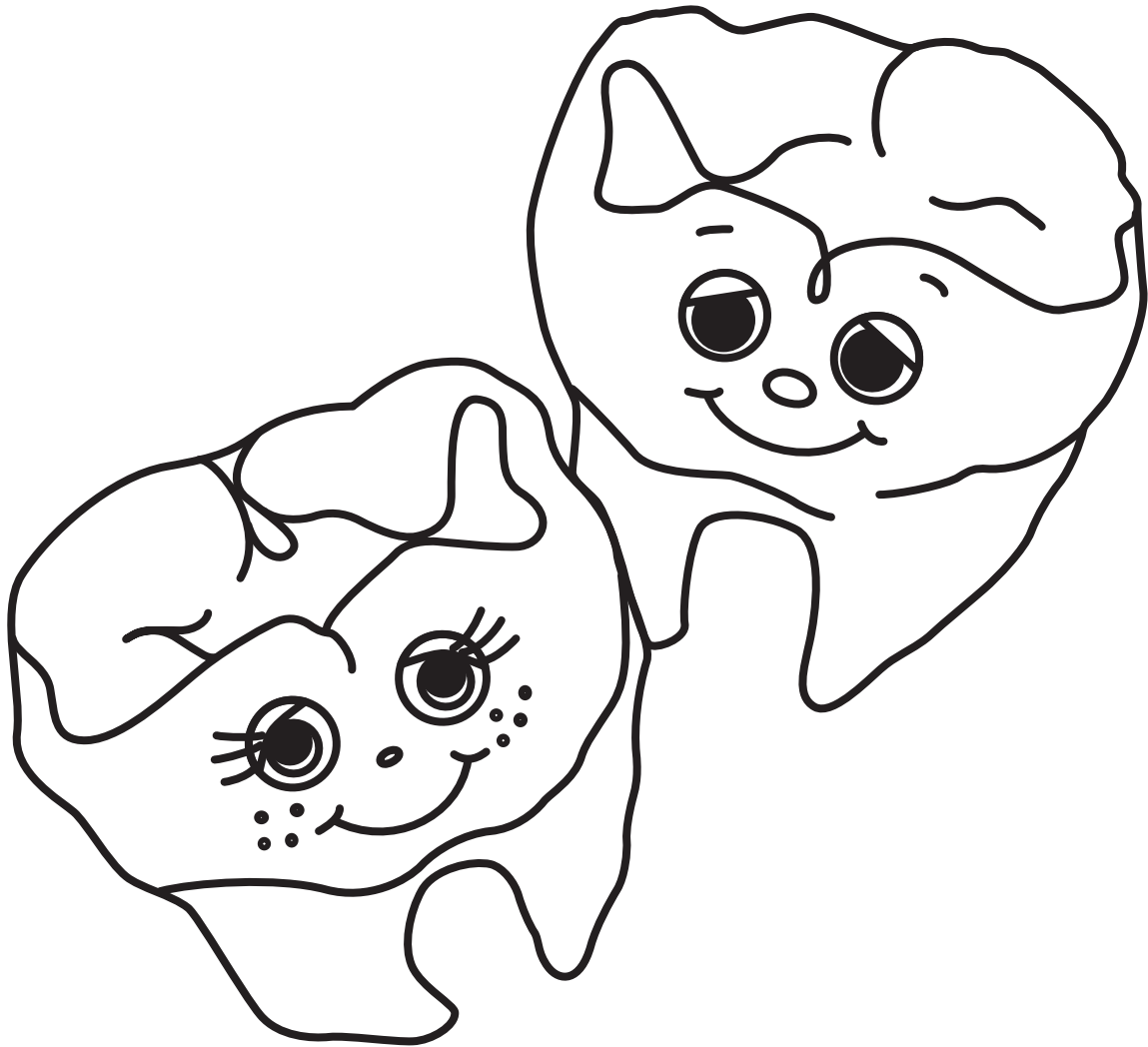
Even children who get topical fluoride, or children who drink water with fluoride, may need sealants. Fluorides are used to give the best protection to places where teeth are smooth. But, permanent back teeth are rougher. These teeth need sealants for more protection. Both fluoride and sealants protect teeth from plaque and acid, substances that cause cavities.

To be sure your child's teeth are fully protected, you should also make sure that he or she:

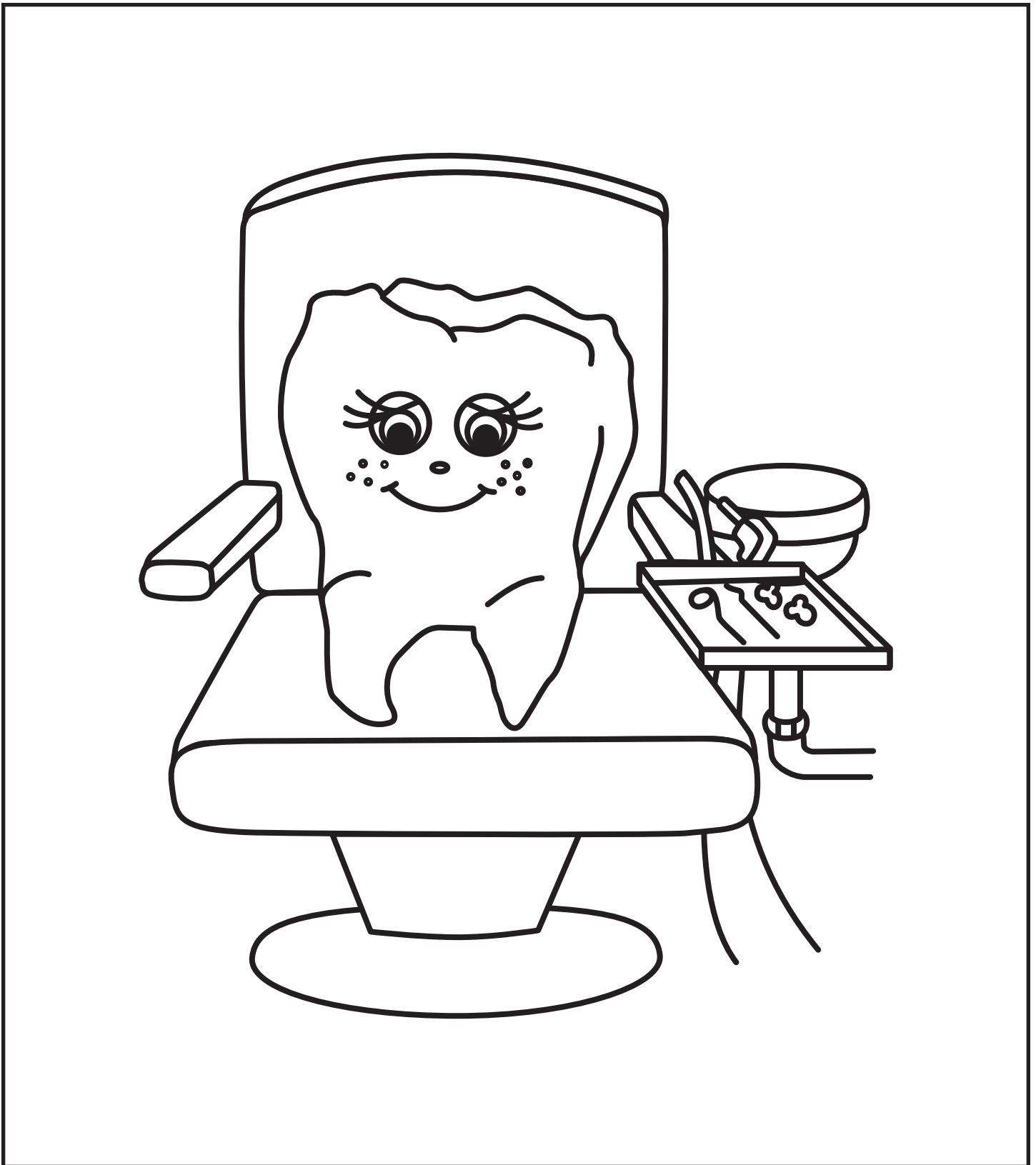
- gets enough fluoride;
- brushes and flosses regularly;
- eats well every day, limits sweets and soda, and
- gets dental checkups.

To learn more about dental sealants, talk to your dentist, your dental hygienist, your school dental program, or the New York State Department of Health, Bureau of Dental Health, Corning Tower, Empire State Plaza, Albany, NY 12237.

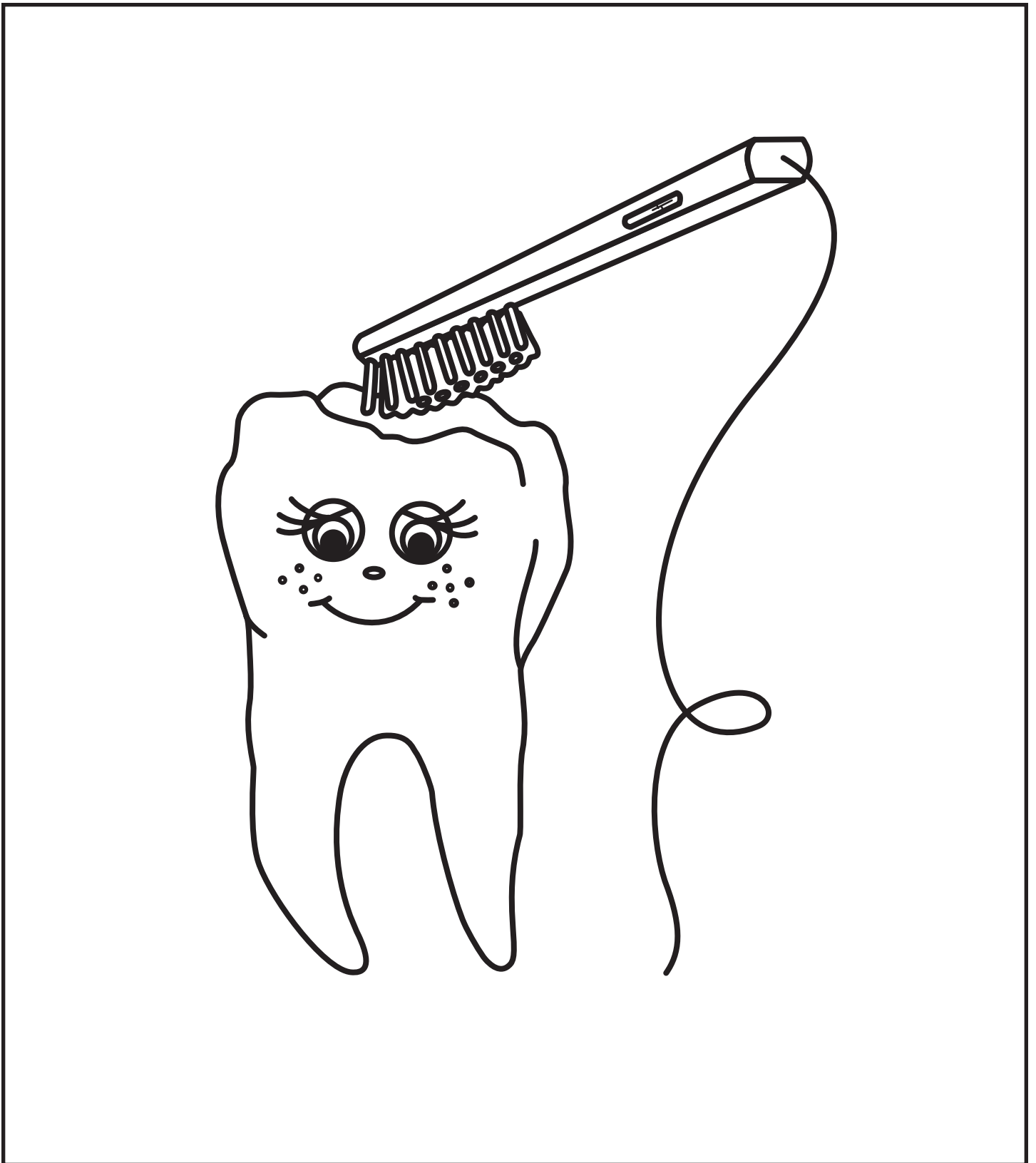
Adapted from "Sealants for Molly and Michael Molar" with permission of the Massachusetts Department of Public Health Research Institute, Inc. as supported by the Bureau of Health Care Delivery Assistance, Maternal and Child Health (MCJ 253328-01-0).



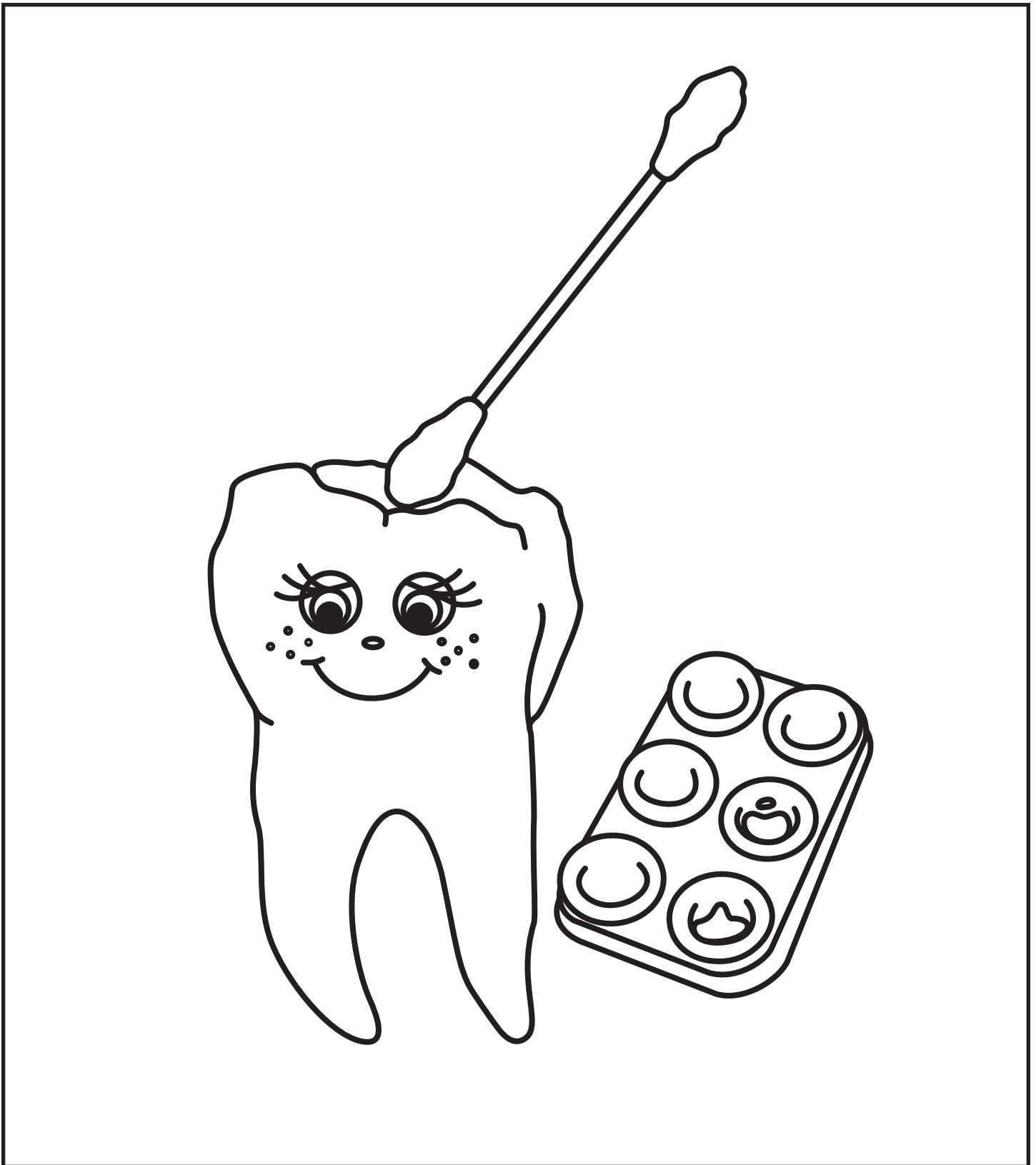
**On top of Molly and Michael Molar Teeth,
Sealants keep germs from getting underneath.**



**When Molly sits down in the dental chair,
She sees the hose for water and air.**



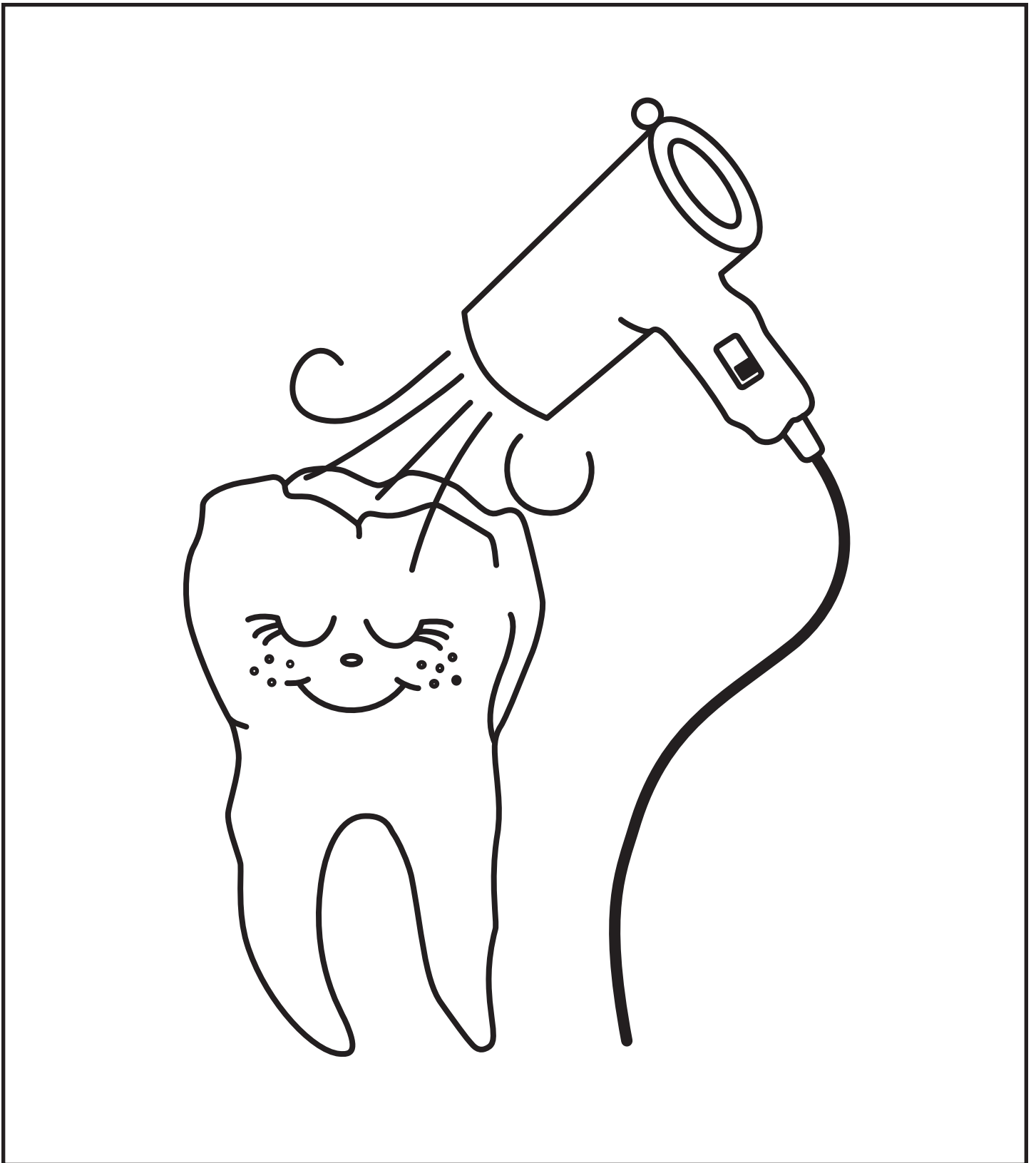
**Her enamel top is brushed and cleaned,
With a special, tooth-brushing machine.**



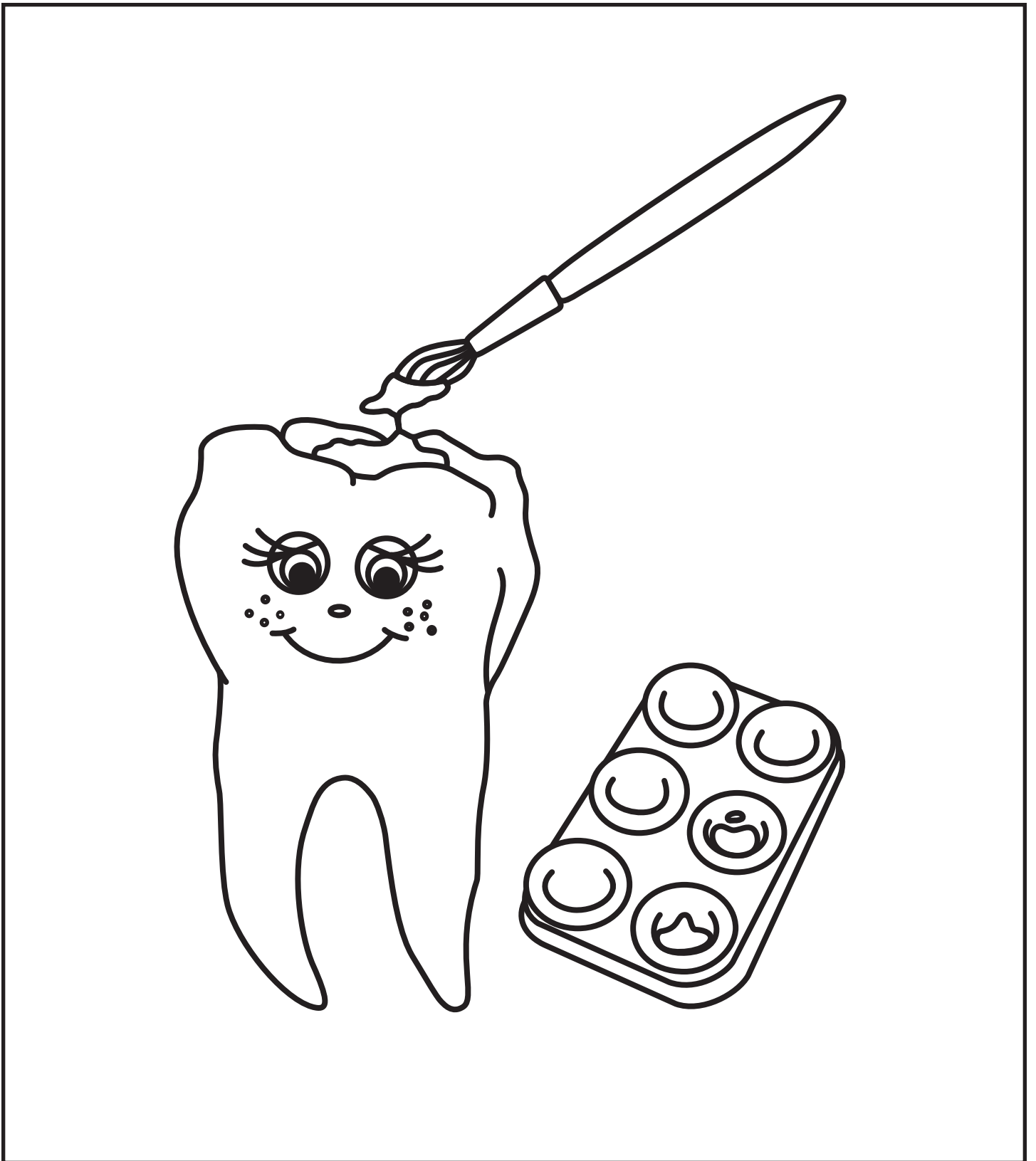
**Then, on a dab of cotton is placed,
a liquid with a lemony taste.**



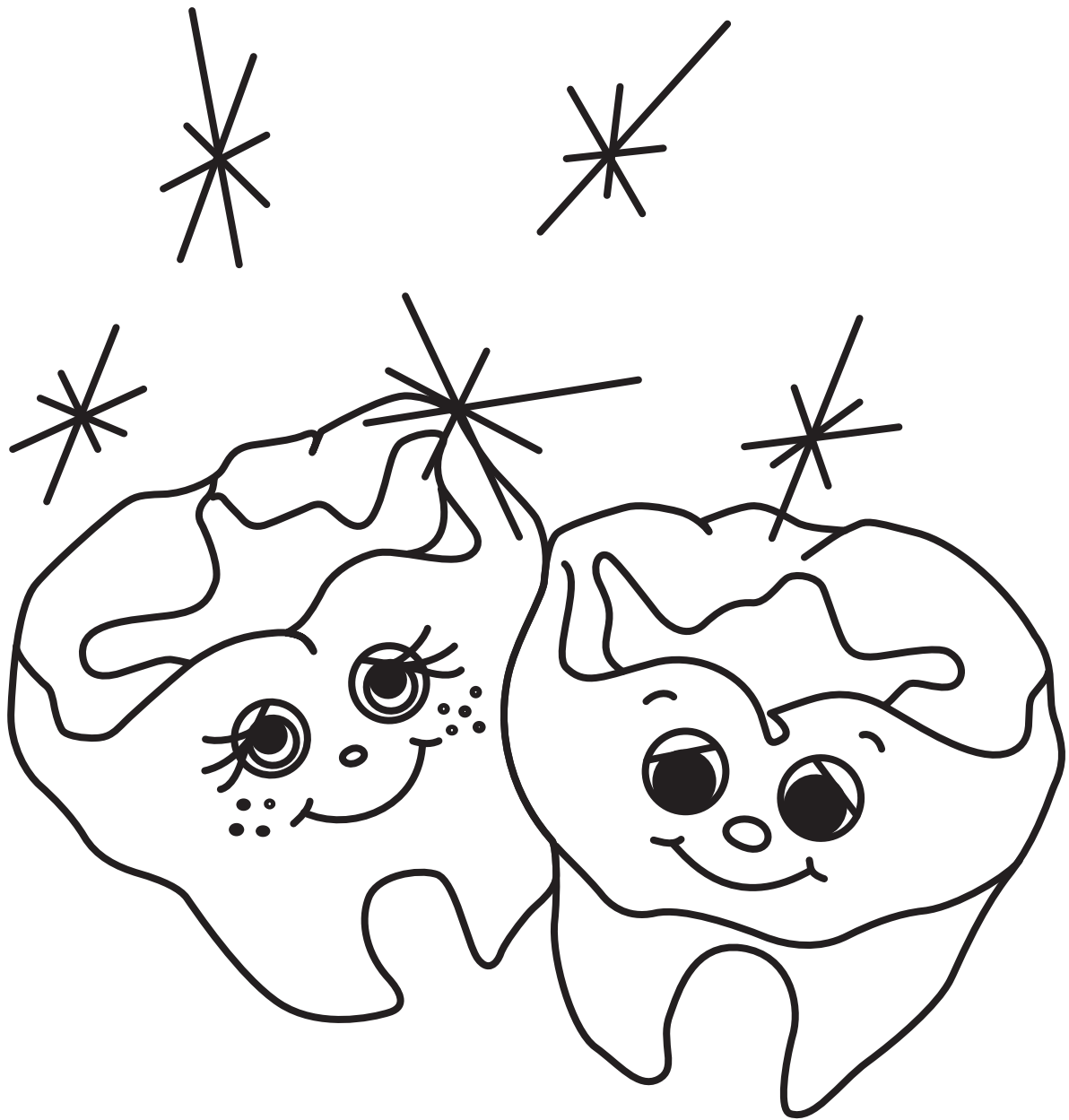
**After a minute, her teeth receive a cool water spray,
Each step keeps out unwanted decay.**



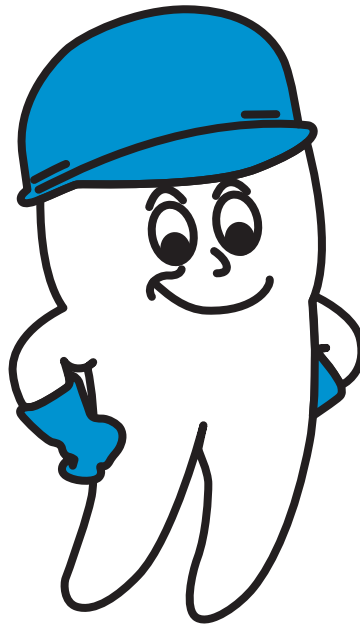
**Molly now needs to get herself dried,
Before the sealant can be applied.**



**Molly's top, we now will seal,
Nice and smooth, her top will feel!**



**Sealants help make back teeth strong,
So they will last your whole life long.**



**Dental Sealants
Work HARD!**



New York State Department of Health