

Toothpaste for Young Children

Choose a Toothpaste that has Fluoride!

Here is why toothpaste with fluoride is the right choice for your child:

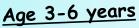
- Makes teeth strong
- Helps teeth fight decay
- Strengthens already weak areas of teeth
- Costs less than fluoride-free toothpaste
- <u>SAFE</u> and <u>EFFECTIVE</u> for children in these amounts:

Age 0-3 years



Use a rice-grain size amount of fluoride toothpaste if at risk for tooth decay*

- Check the box or tube for the symbol of the Canadian Dental Association
- This symbol means the toothpaste has fluoride!





Use a green pea size amount of fluoride toothpaste



Types of Toothpaste with Fluoride Include:

Aquafresh[®] Kids Pump

Aquafresh® KidzMint

Colgate Fluoride Toothpaste for Kids™

Crest Pro-Health For Me®

Crest Pro-Health Stages®

Crest Kids Sparkle Fun®

Sensodyne Pronamel for Children®

Tips for Healthy Teeth:

- When the first tooth comes in, use toothpaste with Fluoride
- Parents/Caregivers should put the toothpaste on the toothbrush and teach children to spit it out
- It is recommended that caregivers help brush their kids' teeth until they are 8 years old
- For best results, brush 2 times a day for 2 minutes
- The risk of dental fluorosis is very low when these recommendations are followed

*A child may be at risk of early childhood tooth decay if the child: is living in an area with non-fluoridated water, has white chalky areas or cavities, has lots of sugary snacks/ drinks between meals, teeth are not brushed daily, or caregiver has tooth decay.



For more information, visit Healthy Smile Happy Child at: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php