



# 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
- **SAFE** and **EFFECTIVE** 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!

### Age 3-6 years



Use a green pea size amount of fluoride toothpaste



### 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](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php)

