



BRUSH BABY TEETH!



Start brushing with fluoride toothpaste when the first tooth comes in
Adults should put toothpaste on toothbrush for young children
Fluoride protects your child's teeth from decay
Encourage and help your child brush 2 times a day: morning and night



Age 0-3 Years

Use a rice-grain sized amount of toothpaste with fluoride - if child is at risk for tooth decay*



Age 3-6 Years

Use a green pea sized amount of toothpaste with fluoride

- After brushing put toothpaste in a place where children can't reach
- Make brushing time family time
- Help your child brush their teeth until 8 years old
- Choose healthy foods from the 4 food groups for meals and snacks

*Some risk factors of early childhood tooth decay include if the child: is living in an area with non-fluoridated water, has visible plaque, has white chalky areas or cavities on teeth, has many sugary snacks/drinks between meals, teeth are not brushed daily, caregiver has tooth decay.



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

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