Start cleaning teeth early. **Start cleaning teeth early.** **Use the right** **Use only a small amount of toothpaste (about the size the right) **Use only a small amount of toothpaste (about the size the right) **Use only a small amount of toothpaste (about the size the right) **Use only a small amount of toothpaste (about the size the right) **Use only a small amount of toothpaste (about the size the right) **Use only a small amount of toothpaste (about the size the right)

Use the right amount of fluoride toothpaste.

- Use only a small amount of toothpaste (about the size of a pea). Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots.
- Teach your child to spit out the toothpaste and to rinse well after brushing.

Supervise brushing.

- Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone.
- Continue to closely watch brushing to make sure the child is doing a good job and using only a small amount of toothpaste.

Talk to your child's doctor or dentist.

Ask the doctor or dentist about your child's specific fluoride needs.
 Children older than 6 months may need extra fluoride if the drinking water

Children younger than 6 years old should not use a fluoride mouth rinse unless recommended by a doctor or dentist.

 After age 2, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

Early care for your children's teeth will protect their smile and their health.



