

Toothpaste and Brushing for Young Children



Strong habits today for a healthy smile tomorrow



Start early

Clean your baby's mouth before teeth come in using a soft brush or damp cloth.

Once teeth appear, begin brushing right away.



Parents do the brushing

- Brush your child's teeth for them when they are little.
- As they grow, brush with them and check their work.
- Most children need help until about age eight.



Using Toothpaste

Choose fluoride toothpaste when your child can spit

- ✓ Fluoride helps prevent cavities and keep teeth strong.
- ✓ Look for the **Canadian Dental Association** seal.

Use the right amount

0-3 years



Rice-sized amount
(If at risk for cavities. Ask a dental professional. If low risk, brush with water only.)

3-6 years



Pea-sized amount


Important tips

- ✓ Parents should put toothpaste on the brush.
- ✓ Teach your child to spit out toothpaste.
- ✓ Young children **should not** swallow toothpaste with fluoride.*

* Swallowing too much toothpaste can cause dental fluorosis in young children.

How to brush

- 1 Hold the toothbrush at a 45° angle to the gums.
- 2 Use gentle circles. Brush all sides of every tooth. Use the front of the brush for front teeth.

 Brush twice a day for two minutes

Toothbrush tips



Use a soft, child-sized toothbrush



Replace every 3-4 months or sooner if worn.



Quick reminders



Start early and be consistent.



Help your child brush every day.



Use the right amount of fluoride toothpaste.



Healthy habits now = healthy smiles for life!