

Fluoride Toothpaste Tips for kids!

It's safe



Fluoride toothpaste is a safe way to prevent tooth decay for all ages.



First tooth

Start brushing 2 times a day when you see their first tooth.

Use the right amount

size of a grain of rice

first tooth - 3 years



size of a pea

3+ years



Parents

You are in charge of how much toothpaste goes on the brush.



Out of reach

Keep toothpaste in a safe place away from children.



Spit it out

Teach children not to swallow toothpaste.

