



## TOOTHPASTE RECOMMENDATIONS FOR CHILDREN

"Clean" your child's teeth as soon as they appear in the mouth.

Use a small, soft toothbrush (it may be further softened by running it under hot water).

### 0-3 YEARS

Use a **NON-FLUORIDE** toothpaste, or no toothpaste, until the child is **3 YEARS OLD** unless a dental professional advises differently.

### 3 YEARS AND OLDER (until age 7)

Beginning at **3 YEARS OF AGE**, use a **FLUORIDE** toothpaste but only **2 TIMES PER DAY**.

If the **FLUORIDE LEVEL** naturally occurring in the water is **OVER 1.5 MG/L (PPM)**, continue to use a **NON-FLUORIDE TOOTHPASTE** until the child is **7 YEARS OLD**. Check with the Middlesex London Health Unit for "Elevated Fluoride Recommendations".

There are only a few communities in Middlesex County with these levels. (eg. Thorndale) However, persons with private wells must check their fluoride levels.

### HOW OFTEN AND HOW LONG

Brushing should take 2 minutes.

("2 for 2" - **Brush at least twice daily for 2 minutes each time**)

### AMOUNT

Always use only a **PEA SIZED** (or smear) amount of toothpaste.

(Teeth may be cleaned more frequently than 2 times without fluoride toothpaste.)

The Health Unit suggests that parents dispense the toothpaste and supervise or do the brushing until the child is 7 years old.

Children should be encouraged not to swallow toothpaste, to **SPIT OUT EXCESS TOOTHPASTE** and **RINSE** well after brushing.

If children 6 and under swallow too much fluoride, their permanent teeth that are forming may develop some dental fluorosis (white spots and areas).

### NON-FLUORIDE TOOTHPASTES

These may be difficult to locate and are far more expensive. Health food stores generally have non-fluoride toothpastes.

Larger pharmacies may carry some brands (eg. Early Years, Kidz Pre Step, Tom's of Maine).

### DENTAL VISITS

Children's dental specialists suggest children visit the dentist by one year of age and have regular dental visits (at least yearly) after that. Parents should regularly "lift the child's lip" and look for any dental problems.