Recommendations

- 1. Start brushing your child's teeth as soon as he/she gets his/her first tooth;
- 2. Use the amount of fluoride toothpaste that is appropriate for your child's age;
- **3.** Encourage your child to spit out any extra toothpaste;
- **4.** Ask your child not to rinse his/her mouth after brushing his/her teeth. This way, the fluoride in the toothpaste will continue to protect his/her teeth against tooth decay;
- 5. Do some or all of your child's tooth brushing until he/she has the dexterity needed to do it properly himself/herself;
- **6.** Supervise your child when he/she brushes his/her teeth;
- 7. Rinse the toothbrush and allow it to air dry, head up, making sure it does not touch other toothbrushes to prevent the spread of microbes;
- **8.** Show your child how to floss between teeth that are touching.

The first teeth

are important to help your child chew and speak properly. They also help make sure the adult teeth will have the room they need.



In collaboration with:







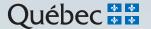


I brush my teeth with my parents' help!

TOOTH BRUSHING
IN CHILDREN AGE 6 AND UNDER
WITH FLUORIDE TOOTHPASTE







Which type of toothpaste should you use?

You should always use **toothpaste with fluoride**: the fluoride in toothpaste makes teeth stronger and reduces the action of bacteria that cause tooth decay.

In general, it is best to use a **children's toothpaste**. They come in a variety of flavours (strawberry, chewing gum, grape, etc.). Pick a flavour that your child likes.

Keep toothpaste in a place that is out of the reach of children.

How much fluoride toothpaste should you use?

For children under 3 years of age, use an amount the size of a grain of rice.

For children age 3 to 6, a pea-sized amount should be used.



When should you brush your child's teeth?

To protect the teeth fully from tooth decay, you should brush your child's teeth at least twice a day for 2 minutes!

Ideally, after every meal and before going to bed!



Brushing
your teeth
with fluoride
toothpaste
prevents
tooth decay.

Which type of toothbrush should you use?

You should use a toothbrush that is appropriate for your child's age. It is important to use a brush that has:

- soft bristles, to avoid hurting the gums;
- a small round head, to reach all the teeth;
- a light handle, so that it is easy to grip.

To help you choose a toothbrush, you can also look at the age indicated on the packaging.

When should you change toothbrush?

You should change toothbrush every 3 months or when the bristles have become bent or flattened.

You should change toothbrush after the flu, a cold or a mouth infection.

There may be bacteria left on the bristles that could cause another infection.