

## 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.



**I brush my teeth  
with my  
parents' help!**

TOOTH BRUSHING  
IN CHILDREN AGE 6 AND UNDER  
WITH FLUORIDE TOOTHPASTE

**Québec.ca**

In collaboration with:



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## 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.