

Let's Talk About Teeth: Fluoride Toothpaste



Why Use Fluoride Toothpaste?

- Toothpaste with fluoride is a proven cost effective way to prevent cavities and protect smiles
- Fluoride makes teeth stronger, more resistant to decay, and helps fight harmful mouth bacteria

**Vancouver Island does not have fluoride
in the drinking water**

**Fluoride toothpaste can be safely used as soon as
the first baby tooth erupts**

How Much Fluoride Toothpaste?

- For children under 3 use a grain of rice-sized amount of fluoride toothpaste
- For children 3 and older use a pea-sized amount of fluoride toothpaste



- Brushing with fluoride toothpaste means teeth are protected even after brushing is done
- Teach children to spit out toothpaste but not to rinse

**Look for the Canadian Dental Association stamp of approval
on toothpaste. This means toothpaste will have safe and
effective levels of fluoride for the whole family.**

