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

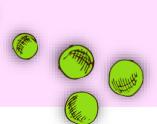
Vancouver Island does not have fluoride in the drinking water

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.

