



# BRUSH BABY TEETH!



**S**tart brushing with fluoride toothpaste when the first tooth comes in  
**A**dults should put toothpaste on toothbrush for young children  
**F**luoride protects your child's teeth from decay  
**E**ncourage and help your child brush 2 times a day: morning and night



### Age 0-3 Years

Use a rice-grain sized amount of toothpaste with fluoride - if child is at risk for tooth decay\*



### Age 3-6 Years

Use a green pea sized amount of toothpaste with fluoride

- After brushing put toothpaste in a place where children can't reach
- Make brushing time family time
- Help your child brush their teeth until 8 years old
- Choose healthy foods from the 4 food groups for meals and snacks

\*Some risk factors of early childhood tooth decay include if the child: is living in an area with non-fluoridated water, has visible plaque, has white chalky areas or cavities on teeth, has many sugary snacks/drinks between meals, teeth are not brushed daily, caregiver has tooth decay.



For more information visit Healthy Smile Happy Child at: [http://www.wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php)

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