

brush up on healthy teeth!



Start cleaning teeth when the first tooth appears.

Begin cleaning by wiping with a clean, damp cloth every day.

When more teeth come in, switch to a small, soft toothbrush.

Use fluoride toothpaste when your child is age 2 (use fluoride toothpaste before age 2 if your doctor recommends it).

Use the right amount of fluoride toothpaste—about the size of a pea.

Teach your child to spit out the toothpaste and to rinse well after brushing.

If children swallow too much fluoride before age 6, their permanent teeth may develop white spots.

Supervise brushing.

Brush your child's teeth twice a day until your child is able to handle the toothbrush alone.

Watch your child brush to make sure he or she is using only a small amount of toothpaste and brushing well.

Talk to your child's doctor or dentist about your child's fluoride needs.

Children older than 6 months may need extra fluoride.

Children younger than age 6 should use a mouth rinse only if your doctor or dentist recommends it.

After age 2, most children get enough fluoride if they drink water with fluoride and brush their teeth with a fluoride toothpaste.

Early care for your children's teeth will protect their smiles & their health!

Florida Department of Health

Public Health
**Dental
Program**