

# take the dental quiz!



## Learn more about keeping your child's teeth healthy with this true or false quiz.

1. \_\_\_ All children older than 6 months should receive a fluoride supplement every day.
2. \_\_\_ Parents should start cleaning their child's teeth as soon as the first tooth appears.
3. \_\_\_ Parents should start brushing their child's teeth with toothpaste that contains fluoride at age 3.
4. \_\_\_ Children younger than 6 years should use enough toothpaste with fluoride to cover the whole toothbrush.
5. \_\_\_ Parents should brush their child's teeth twice a day until the child can handle the toothbrush alone.
6. \_\_\_ Young children should always use fluoride mouth rinses after brushing.

## Answers

**1. False.** Check with your child's doctor or dentist about your child's specific fluoride needs. Parents of a child older than 6 months should discuss the need for a fluoride supplement with the doctor or dentist if drinking water does not have enough fluoride to help prevent cavities.

**2. True.** Start cleaning as soon as the first tooth appears. Wipe teeth every day with a clean, damp cloth. Switch to a small, soft toothbrush as more teeth come in.

**3. False.** Parents should start using toothpaste with fluoride to brush their child's teeth at age 2. Toothpaste with fluoride may be used earlier if the child's doctor or dentist recommends it.

**4. False.** Young children should use only a pea-sized amount of fluoride toothpaste. Fluoride is important for fighting cavities, but if children younger than 6 years swallow too much fluoride, their permanent teeth may develop white spots. Using no more than a pea-sized amount of toothpaste with fluoride can help prevent this from happening.

**5. True.** Children usually do not have the skill to brush their teeth well until around age 4 or 5. Parents should brush their young child's teeth thoroughly twice a day until the child can handle the toothbrush alone.

**6. False.** Fluoride mouth rinses have a high concentration of fluoride. Children younger than 6 years should not use fluoride mouth rinses unless the child's doctor or dentist recommends it. Young children tend to swallow rather than spit, and swallowing too much fluoride before age 6 may cause the permanent teeth to develop white spots.

