

Brush and floss properly to keep your child healthy

Choose the right size toothbrush

- Choose the right size (head and handle) for the child's mouth and age
- Choose soft or extra-soft bristles
- Replace every 3 to 4 months, if bristles are worn or after an illness

Brush 2 times a day for 2 minutes each time

- Brush in the morning and at bedtime
- Brush where the tooth meets the gum
- Brush the outside, inside, top of the teeth and the tongue

Toothpaste guidelines



Birth to 3 years old

- Wipe gums with a clean, damp cloth for children who do not have teeth
- Use a rice-sized smear of fluoride toothpaste when the first tooth appears



3 years old and up

- Use a pea-sized amount of fluoride toothpaste

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Floss 1 time a day

- Plaque can grow between teeth and cause dental problems
- Dental floss removes plaque between teeth



1. Wrap floss around middle fingers
2. Using thumb and pointer fingers, slide floss gently between teeth



3. Bend floss around tooth in a 'C' shape and slide floss up and down against each tooth
4. Move to a clean section of floss every 2 or 3 teeth

Parents should help their children brush and floss until age 9.