

# TOOTHPASTE ADVICE



0 - 5 years  
Half pea-size



6 years & over  
Pea-size

## Use Fluoride Toothpaste

The fluoride in toothpaste helps to prevent tooth decay by strengthening tooth enamel, repairing the early stages of tooth decay and disrupting the growth of bacteria that causes cavities.

Not rinsing after brushing, allows fluoride to remain on the teeth and continue to help protect them.

The Ministry of Health recommends everyone use a toothpaste that contains at least 1000 parts per million (ppm) fluoride to help prevent tooth decay.

Here are some examples of toothpastes that meet this recommendation:



## Non-Minty Toothpastes

For those who do not like the taste of mint, here are some examples of non-minty toothpastes that contain at least 1000 ppm fluoride:



## Not Recommended

These toothpastes contain no fluoride and are not as effective at helping to prevent tooth decay as toothpaste containing at least 1000 ppm fluoride.



**Brush for two minutes, twice a day with a fluoride toothpaste!**

(1000ppm fluoride is equal to 0.22% sodium fluoride or 0.76% sodium monofluorophosphate)



# How much toothpaste should you use?

## Babies

When baby teeth first start to appear, use a soft cloth, finger brush or baby toothbrush with a rice grain-sized amount of fluoride toothpaste.



## Children 0 - 5 years old

Use a small, soft toothbrush with a half-pea sized amount of fluoride toothpaste, or less if they only have a few teeth.



## Children 6 years old & over

Use a soft toothbrush with a pea-sized amount of fluoride toothpaste.



- **Use fluoride toothpaste containing at least 1000ppm fluoride.**
- Children can often use the same fluoride toothpaste as adults so long as they use the correct amount for their age.
- Help your child put the correct amount of fluoride toothpaste on their toothbrush and assist them to brush their teeth for two minutes, twice a day (in the morning and at night just before bed). They will need your help with brushing until they are about 8 years old.