

## Recommendations

1. Brush your child's teeth yourself as a first rule. If your child wants to do it on their own, that's fine, but you should still complete the brushing afterwards.
2. Brushing should be at least twice a day.
3. Brush for two minutes each time.
4. Use fluoride toothpaste.
5. Encourage your child to spit out any excess toothpaste.
6. Ask your child not to rinse their mouth after brushing. That way, fluoride in the toothpaste will continue to protect the teeth against decay.
7. Floss (or use interdental toothpick brushes) once a day if your child's teeth touch each other.
8. Have your child's teeth checked by your dentist at least once a year.

**The first teeth** are important to help your child chew and speak properly. They also help make sure the adult teeth will have the room they need.

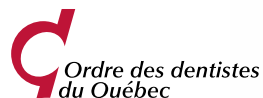


**I brush my teeth with my parents' help!**

TOOTH BRUSHING  
IN CHILDREN AGE 6 AND UNDER  
WITH FLUORIDE TOOTHPASTE

**Québec.ca**

In collaboration with:



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## Which type of toothpaste should you use?

You should always use **toothpaste with fluoride**: the fluoride in toothpaste makes teeth stronger and reduces the action of bacteria that cause tooth decay.

Keep toothpaste in a place that is out of the reach of children.

## How much fluoride toothpaste should you use?

For children **under 3 years of age**, use an amount the size of **a grain of rice**.

For children **age 3 to 6**, a **pea-sized** amount should be used.



## When should you brush your child's teeth?

To protect the teeth fully from tooth decay, brush your child's teeth **at least twice a day for two minutes**.

Ideally, after every meal and before going to bed!



Brushing your teeth with fluoride toothpaste prevents tooth decay.

## Which type of toothbrush should you use?

You should use a toothbrush that is **appropriate for your child's age**. It is important to use a brush that has:

- soft bristles, to avoid hurting the gums;
- a small round head, to reach all the teeth;

To help you choose a toothbrush, you can also look at the age indicated on the packaging.

## When should you change toothbrush?

You should change toothbrush **every three months or when the bristles have become bent or flattened**.