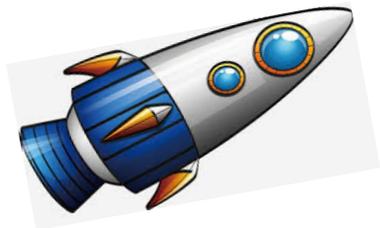




## Fluoride Facts

- Fluoride is a naturally found mineral that can be found in water and other sources
- Fluoride protects teeth from acid damage, which can lead to decay
- Fluoride helps reverse early signs of decay
- Fluoride is a cost effective way to prevent cavities in children



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### References

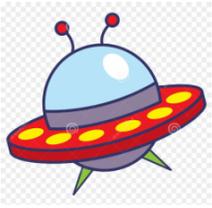
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# Fluoride and Your Child's Future Dental Health

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Why incorporating  
fluoride into your  
child's oral hygiene  
habits is important for  
the future of their  
dental health





## Why is Fluoride Beneficial For My Child?

Fluoride is a mineral that fuses into the structure of the developing teeth that makes the tooth stronger, preventing decay. After teeth have grown in, fluoride exposure can continue to protect the teeth by reversing early decay.

## Where Can I Find Fluoride?

- Toothpaste
- Mouth wash
- Community fluoridated water
- Fluoride supplements approved by your dentist
- Certain fruits and vegetables, for example apples and avocados

## Good Oral Hygiene Habits for Children

- Brush teeth two times daily for two minutes
- Eat fruits, such as, apples
- Avoid sugary drinks and candy consumption throughout the day
- If bottle feeding at night, try water instead of milk
- Supervise your child while they brush to ensure proper technique and that they do not swallow



## Helpful Brushing Tips:



The American Dental Association (ADA) recommends for children under the age of 3 years old using a “smear” of toothpaste. After the age of 3 using a pea-sized amount of toothpaste is recommended. When a child is able to spit without swallowing then mouthwash is recommended.

- Turn toothbrush at a 45 degree angle towards the gums and use small circular motions
- Brush the inside of the mouth and lightly brush tongue to help remove excess bacteria



UNDER 3 YEARS  
= SMEAR



OVER 3 YEARS  
= PEA-SIZED

