How to Brush
For children aged three and over, use a pea-sized amount of fluoride toothpaste and a soft-bristled toothbrush.

Brush all tooth surfaces: top and bottom, inside and out. Don’t forget the tongue!

Top
Bottom
Inside
Outside
Tongue

Brush teeth twice a day with fluoride toothpaste; after breakfast and before bedtime

Limit sugary snacks and drinks to reduce the risk of cavities

Visit the dentist or dental hygienist regularly to help maintain good oral health habits

Floss your child’s teeth daily (once they are touching) to remove plaque

Change your toothbrush every 3 months
Turn off the water when brushing

My name is: _____________________________.

I brush twice a day with fluoride toothpaste, after breakfast ☀️ and before bedtime 🌙.

For the family: Be sure that your child brushes for 2 minutes and uses a pea-sized amount of fluoride toothpaste.* Have your child make a check mark after brushing. Remind other family members to brush, too—and have them check the box!

*Children under 3 should use only a smear of toothpaste.