
Population-Based Risk Factors

- Low-income
- Enrolled in Head Start, WIC, free/reduced lunch program, Medicaid or SCHIP eligible, or other programs serving low-income children
- Children with special health care needs
- Belonging to an ethnic/racial group known to have a high prevalence of Early Childhood Caries.



The following agencies were represented at the Expert Meeting on Topical Fluoride

Maternal and Child Health Bureau
Centers for Disease Control and Prevention
American Academy of Pediatric Dentistry
American Association of State and Territorial Dental Directors
Indian Health Service
USDA/Food and Nutrition Service (WIC)
Head Start
American Academy of Family Physicians
American Academy of Pediatrics
MAYA Project
Bureau of Primary Health Care
National Oral Health Policy Center
Sesame Street Workshop
Researchers from the U-Iowa, U-Washington, U-California, and U-Maryland

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Topical Fluoride Recommendations for High-Risk Children under the age of six



Fluoride Prevents Cavities!



Fluoride Toothpaste

For children under 2 years

- Brush children's teeth with fluoride toothpaste twice daily.
- Use a **smear** of fluoride toothpaste.
- Do not rinse after brushing.

For children 2-6 years

- Brush children's teeth, or assist with toothbrushing, twice a day.
- Use no more than a **pea-sized** amount of fluoride toothpaste.
- Children should spit out excess toothpaste, but they should not rinse with water.



Parents and caregivers should take an active role in brushing their children's teeth.

The Right Amount of Fluoride Toothpaste



**Under 2 years of age:
Use a smear of toothpaste**



**2-6 years of age:
Use a pea-sized amount of toothpaste**

Fluoride Varnish

- High-risk children will benefit from fluoride varnish treatments every 3-6 months.



- Fluoride mouthrinses, gel, or foam are not recommended for this age group.

All children should drink optimally fluoridated water once the first tooth erupts!