

Fluoride Prevents Cavities

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.



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

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.



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

All children will benefit from drinking optimally fluoridated water.

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