



**Kids under
12 need to
brush 2 x per
day.**

**Supervised
brushing is
important**

0-17 Months
no toothpaste
18 Months- 5 years
SMEAR of kid's low fluoride
tooth paste
6-12 years
pea size amount of
adult tooth paste

 **CP DENTAL**

**If your child has a higher risk of decay you may be
given other recommendations**



18 Months- 5 years
SMEAR of kid's low fluoride tooth paste
(look for 500ppm fluoride content on the label)

Spit
Don't
Swallow.
Don't rinse.



6-12 years
PEA size amount of adult tooth paste
(1000-1500ppm fluoride on the label)

*note that some toothpaste or flavoured for kids can contain the full adult amount of fluoride - check the label