

How to Choose the Toothpaste for Your Child.



Hints for choosing and using toothpaste:

- Control the amount of toothpaste that you use and keep it out of children's reach. Children's toothpaste contains the same amount of fluoride as adult toothpaste.
- A smear of toothpaste with fluoride is recommended for children up to age 3. A pea-sized amount is recommended for children over age 3.
- The toothpaste should be applied by the parent and spread along the head of the brush.
- Parents should help children brush their teeth until the child is at least 7 years old or longer if the child has challenges with hand mobility.

Visit the dentist regularly so they can observe your child's dental development.

Material adapted from the South Carolina Department of Health and Environmental Control, Division of Oral Health.
Source: <https://scdhec.gov/sites/default/files/Library/CR-010418.pdf>

