

Use toothpaste with fluoride

Fluoride is a natural mineral that strengthens teeth against cavities.

Use a small dollop the size of a grain of rice for children ages 1 to 3.

Increase to a pea-size amount for children ages 4 and up.



Brushing

Brush for 1 to 2 minutes.

Brush teeth, gums and tongue.



Establish a routine

Brush after breakfast and before bedtime.

Never skip the bedtime brushing.



Cooperation

Let kids participate in brushing their own teeth.

Fine motor coordination happens around 7 to 8 years, so they'll need some help until then.

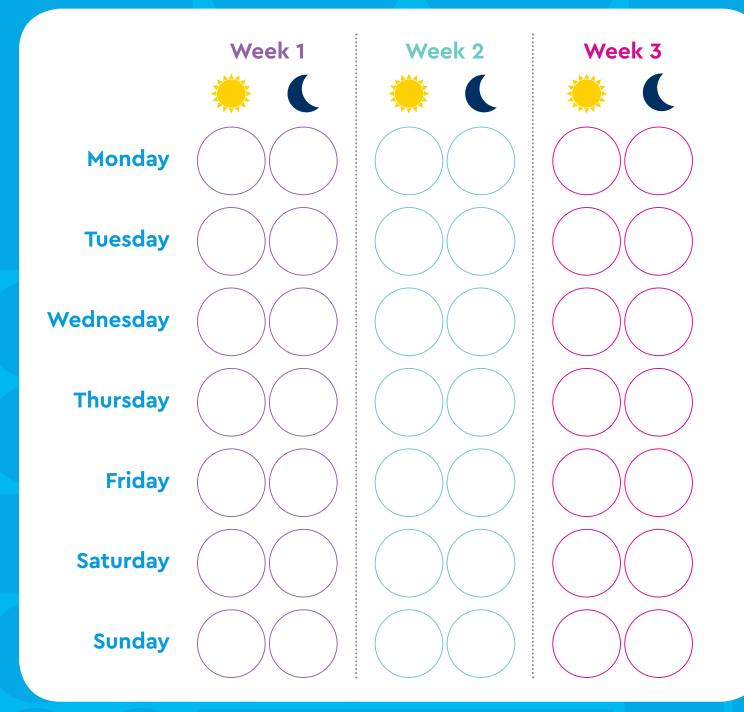


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My Toothbrushing Chart





Children's Hospital Colorado

Laredo Kid's Clinic 1420 Laredo St. Aurora, CO 80011

Crawford Kid's Clinic 1600 Florence St. Aurora, CO 80010 For appointments please call 720-777-8875