

Fluoride



What amount of fluoride toothpaste should I use ?

The size of a grain of rice when I'm under two years old, because I tend to swallow the excess toothpaste instead of spitting it out.



The size of a small pea when I'm two years old and up.

Fluoride is a natural substance that effectively protects against tooth decay. That is why most toothpastes contain fluoride.

Fluoride supplements are also available. However, if I use fluoride toothpaste at least twice a day, I probably don't need a fluoride supplement.

On the other hand, if I am at a high risk of tooth decay because a member of my family doesn't have good teeth, it's possible that the dental hygienist, the dentist or the doctor recommends that I take supplement. **Follow their advice carefully.**

Practical tips...

My teeth are growing ! If I have discomfort, give me something to nibble on such as a clean facecloth, dipped in cold water or a refrigerated, but not frozen, teething ring.

Be carefull

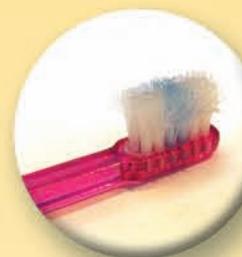
Syrups and teething gels only act on the surface and can weaken my swallowing reflex which allows me to swallow milk and food. Syrups and gels are to be avoided, If need be, give me acetaminophen.



Around the age of one, I am ready to start drinking from a glass.

I love to imitate my parents. It would be nice to brush our teeth together.

Warn-out toothbrush...



When the bristles are warn-out, it would be appreciated that my toothbrush be changed.

I suck my thumb, my fingers or a pacifier; this can effect the position of my teeth. Gradually help me to give up this habit.

No sharing : mom and dad, my toothbrush belongs to me! My pacifier and my spoon are to go in my mouth only ! **Tooth decay is contagious.**

For more information, visit the following internet sites :

Healthy teeth for children :

www.caringforkids.cps.ca/healthybodies/HealthyTeeth.htm

Ordre des dentistes du Québec :
www.odq.qc.ca



Idea and conception : CISSS du Bas-Saint-Laurent

Centre intégré
de santé
et de services sociaux
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Québec



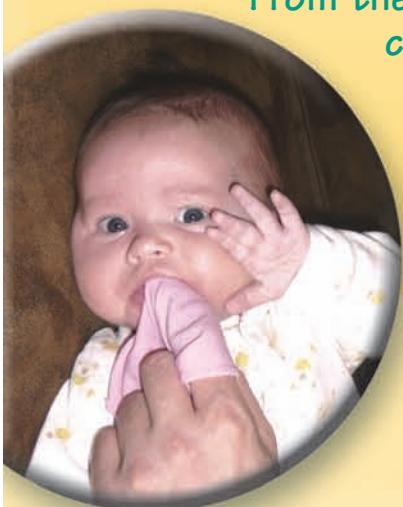
**My smile...
my future**



**yippee,
my parents
are taking care
of my teeth.**

Dental health of my child...

From the day I'm born,
clean my gums
with a damp
cloth every
day



My first teeth are important in guiding my permanent teeth. As soon as my first teeth start to grow, they have to be brushed with a soft-bristle toothbrush and fluoride toothpaste after each meal and before I go to bed. After brushing, excess toothpaste has to be spit out. Avoid rinsing the mouth.

Before the age of eight, I need help to make sure I have brushed effectively every day.



Toothbrush and dental floss go hand in hand

As soon as two of my teeth touch, mom or dad, you have to use dental floss after brushing, especially at bed time.

Cavity-causing bacteria and sugar have all night to do their damage.



Even a child like me can get cavities if :

- I sleep with a bottle or a spill-proof cup with juice, a sweet drink or milk, because they all contain sugar;
- I suck on a pacifier dipped in a sugar based product;
- I drink sweet drinks or eat sweet foods all day long;
- You don't clean my teeth regularly;
- You give me sweetened medication or syrup without brushing my teeth after.



Feed me healthy snacks!

Some snacks are better than others as far as my dental health goes.

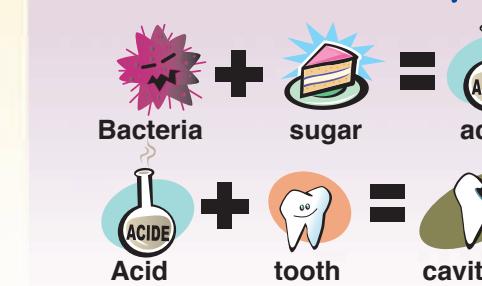
Vegetables, fresh fruit and dairy products are excellent choices. Firm cheese is an important ally against tooth decay.

Give me water to quench my thirst.

Be careful !

- About snacking between meals;
- About soft drinks and fruit juices, even natural ones, drunk in great quantities;
- About sticky foods, such as granola bars and dried fruit.

How do cavities develop ?



A dental examination is necessary

As soon as my first teeth appear, mom or dad, you can examine them regularly. Simply by lifting the upper lip, check if there are white lines or spots. These are the first signs of tooth decay.



On my first birthday, bring me to the dentist for my first visit. If, however, you suspect a problem, don't hesitate to consult, no matter how young I am.

An annual dental examination and remedial dental treatments are covered by the Régie de l'assurance maladie du Québec (RAMQ) for all children under 10 years old. An emergency examination is covered as needed. However, the cost of cleaning and fluoride treatments is not covered by the RAMQ.

