

# Happy Teeth

A parent's guide to healthy teeth throughout childhood and beyond

## What's in Your Toolbox?

### Fluoride Toothpaste

Use fluoride toothpaste from the first eruption of a child's teeth. Remember "pea at three." Use a smear of toothpaste (about the size of a grain of rice) until 3 years of age, and then a pea-sized amount through adulthood.

### Fluoride mouth rinse

Your child can use a fluoride mouth rinse, but it is recommended that you wait until your child can reliably spit out toothpaste and rinses, rather than swallowing them.

### Dental Floss

Flossing should begin as soon as your child has two teeth that touch. Your child will likely need help flossing until 8 or 10 years old.

## What's Your Routine?

1. Apply the correct amount of fluoride toothpaste
2. Brush for two minutes using circular motions
3. Rinse thoroughly
4. Floss between all teeth
5. Rinse with a fluoride mouth rinse

## Additional Resources

[Oral Health Resources for Families - Head Start](#)

[A Mom's Guide to Fluoride - ADA](#)

[Healthy Smiles for Kids - ADA](#)

[Children's Oral Health - CDC](#)



Foundation for Health  
Leadership & Innovation

**NC ORAL HEALTH**  
COLLABORATIVE