

Fluoride

- Fluoride helps prevent tooth decay.
- Community water fluoridation is best.
- Fluoride supplements for high risk children.
- Daily toothbrushing with fluoridated toothpaste.



- Fluoride is a natural mineral that helps prevent tooth decay.
- Community water fluoridation, where available, is the best way to prevent tooth decay.
- Fluoride supplements are recommended for children who are at a higher risk for tooth decay. Check with a physician or dentist to see if your child needs fluoride supplements.
- Brush your child's teeth daily with fluoridated toothpaste: less than a pea-sized amount before age 1 and a pea-sized amount for ages 1 to 5.