Protect Your Baby’s First Teeth: Fluoride, Brushing, and the Dentist

Did you know?

- Tooth decay is the most common chronic childhood disease.
- Not enough fluoride puts your child at risk for dental caries, also known as cavities.
- Only 40% of Mainers have home drinking water with regulated fluoride levels.

It is important to discuss proper tooth care with your doctor and dentist.

All children should begin regular dentist visits at 1 year old or at the first sign of baby teeth.

Tooth decay can develop very rapidly, with major damage occurring in a matter of months. Don’t wait until there’s a problem to visit the dentist!
Brushing Your Child’s Teeth with Fluoride Toothpaste

All children with teeth should brush with fluoride toothpaste.

- Children less than 3 years old should use a “smear” of toothpaste - thin layer covering no more than 50% of a child sized toothbrush.

- Children 3 years and older should use a “pea-sized” amount.

Less than 3 years old - Smear

3 years and older - Pea-sized
Does Your Home Drinking Water Come From a Well?

- All well water should be regularly tested for fluoride. Too much or too little fluoride can cause damage to your child’s teeth.

- Visit WellWater.Maine.gov for information on testing your home water.

- If your drinking water does NOT contain enough fluoride, it is recommended your child take fluoride supplements starting at 6 months of age.

Questions? Ask your doctor today!