Preventing Dental Caries in Children

Recommendations are for fluoride varnish every 6 months from time of tooth eruption—this will be done in the office.

It is recommended that you brush your child’s teeth twice daily from first tooth eruption

Fluoride toothpaste:

Children less than 1 y/o that drink formula mixed with tap, RO or nursery water do not use fluoride toothpaste, brush with water only

Any child over 1 y/o who drinks tap, RO or nursery water equivalent to 8-12 ounces daily, DO NOT use fluoride toothpaste until they are 2 yrs. old, brush with water only

Any child who is drinking bottled water it is recommended that a fluoride toothpaste is used in the dosing noted below:

A smear (size of a grain of rice) of toothpaste from eruption of first tooth to age 3 years twice daily

Pea-sized amount for children ages 3-6 years of age twice daily

