



Newsletter Articles

How to choose the right Kid's toothpaste.



This article helps you choose a toothpaste for children.

What to look for

- **Fluoride** is the most important thing. It repairs teeth and makes them stronger.
- If your family does not use fluoride, choose a toothpaste with **hydroxyapatite** (a tooth mineral) and **xylitol** (a sweetener that stops plaque).
- Toothpaste with no fluoride and no hydroxyapatite only cleans. It does not make teeth stronger.
- Try to avoid sodium lauryl sulphate (a foaming ingredient).

Age matters

- Children under 6: use children's toothpaste (about 500 ppm fluoride). The amount is on the back of the pack.
- Age 6 and over: use adult toothpaste (about 1000 to 1400 ppm).
- "0 to 3" and "3 to 6" labels are just marketing. Check the fluoride amount.

How much toothpaste

- Under 3 years: a smear the size of a grain of rice.
- 3 to 6 years: a pea-sized amount of children's toothpaste.
- Adults: a pea-sized amount.

Many children use too much toothpaste. Ads often show too much.

Making brushing easier

- Brand and flavour do not matter if the ingredients are right.
- Many young children find mint too strong. Try another flavour.
- Let your child choose the flavour, colour or character. This helps them want to brush.