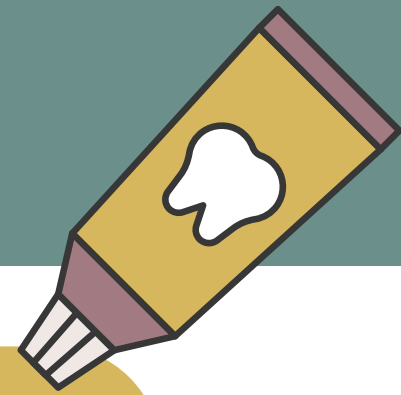
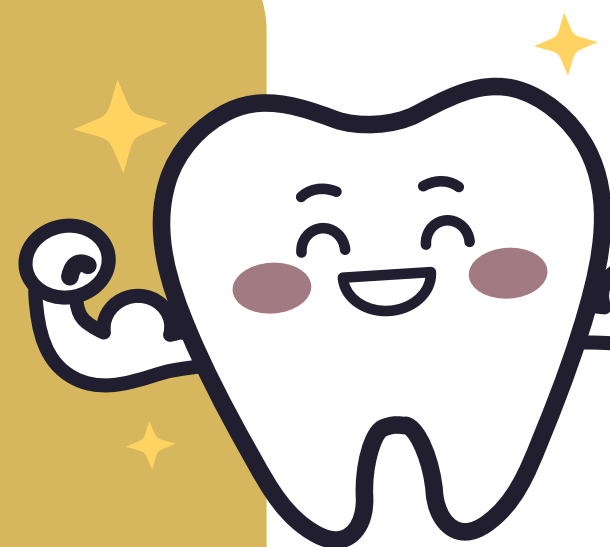


MY HEALTHY SMILE: toothpaste



Which one to choose?

- Toothpaste with fluoride is recommended to prevent tooth decay.
- There are several flavours available.
- It's safe to use as soon as your child's first tooth comes in.



How?

Encourage your child to brush twice a day for 2 minutes.

For best results, don't rinse your mouth after spitting.

How much?

Under age 3:
the size of a grain of rice

After age 3:
the size of a pea

