

FLUORIDE FACTS FOR CHILDREN AND YOUTH

FLUORIDE SUPPLEMENTS

- Young children in rural communities without access to water with fluoride may require a fluoride supplement.
- Ask a health professional if fluoride supplements should be given to your child.
- Always use fluoride supplements in the dose recommended for your child - too much fluoride can be harmful.



FLUORIDE IN DRINKING WATER AND FOOD

Fluoride is found naturally throughout the world and is in many foods and beverages. Fluoride use is proven to be one of the most important ways to prevent dental cavities.

- Fluoride from food and beverages is taken into teeth during development. This makes teeth stronger.
- When teeth come into the mouth, fluoride continues to harden their surfaces, making them stronger.
- Fluoride helps protect teeth by slowing the growth of harmful bacteria in the mouth.
- Residents of Newfoundland and Labrador can find out if their local water supply is fluoridated by contacting their municipal water board, or by visiting: <http://maps.gov.nl.ca/water/>.

How much toothpaste to use?

Remember to brush at least 2 times each day with a toothpaste that has fluoride!

Rice grain size 0-3 years

Pea size 3-6 years

Pea size (or more) 6 years & through adulthood



For references and further information contact:

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References

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