


Tooth Tips for Pre-Teens and Teens (Ages 9-19)



1. Older kids and teens need to brush for two minutes, twice a day.
2. Use a pea-sized amount of fluoride toothpaste.
3. Brushing before bed is very important; food, sugar, and bacteria sitting on the teeth all night cause cavities.
4. Floss once a day to clean between teeth where the toothbrush can't reach.
5. Replace toothbrushes every 3 months - or sooner if the bristles start to spread apart.

Why? You want your teeth to last your whole life! And all the changes that happen in pre-teen and teen years can increase the risk for cavities at this age, so caring for your teeth now is super important.



For more tips
and information, visit

www.gov.nt.ca/teeth

If you would like this information in another official language, please contact us at **1-855-846-9601**

