

Tooth Tips for Toddlers (Ages 1-3)



Government of
Northwest Territories

1. Brush your child's teeth for them twice a day - after their first meal and before bed.
2. Use a soft, child-size toothbrush and fluoride toothpaste. The amount should be the size of a grain of rice.
3. If your child cries, don't give up! This is normal, and they will get used to it if you brush every day and make it fun.
4. Brushing right before bed is very important; food, sugar, and bacteria sitting on the teeth all night cause cavities.
5. When brushing, lay your child down or cradle them in your arm so you can see inside their mouth.
6. Even baby teeth need to be flossed! Floss once a day to clean between the teeth where the toothbrush can't reach.

Why? Healthy baby teeth are very important for chewing, learning to talk, and keeping space for adult teeth to grow in properly.

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**

