

Tooth Tips  
for  
Young Children  
(Ages 3-8)



Government of  
**Northwest Territories**

1. You should still brush your child's teeth at this age to make sure it's done right.
2. Brushing before bed is very important; food, sugar, and bacteria sitting on the teeth all night cause cavities.
3. Use a soft, child-size toothbrush, and a pea-sized amount of fluoride toothpaste.
4. Brush for two minutes, twice a day – after their first meal and before bed.
5. Even baby teeth need flossing! Floss once a day to clean between the teeth where the toothbrush can't reach.
6. Your child will want to try and brush their own teeth. Let them practice and guide them!
7. Around 8 years old, most children have the hand control to brush and floss on their own. Let them do the morning brushing, and you can do the night time brushing.

**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](http://www.gov.nt.ca/teeth)**

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

