Use toothpaste with fluoride

Fluoride is a natural mineral that strengthens teeth against cavities.

Use a small dollop the size of a grain of rice for children ages 1 to 3.

Increase to a pea-size amount for children ages 4 and up.

Brushing

Brush for 1 to 2 minutes.

Brush teeth, gums and tongue.

Establish a routine

Brush after breakfast and before bedtime.

Never skip the bedtime brushing.

Cooperation

Let kids participate in brushing their own teeth.

Fine motor coordination happens around 7 to 8 years, so they'll need some help until then.

My Toothbrushing Chart

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Week 2

Week 3

Laredo Kid's Clinic
1420 Laredo St.
Aurora, CO 80011

Crawford Kid's Clinic
1600 Florence St.
Aurora, CO 80010

For appointments please call 720–777–8875