Drinking fluoridated water is the best way to prevent tooth decay.

Fluoride varnish applied by a dental professional every 3 months prevents tooth decay.

Tooth paste with fluoride also prevents tooth decay.

For children under 2 years
- Brush children’s teeth with fluoride toothpaste twice daily.
  - Use a smear of fluoride toothpaste.
  - Do not rinse after brushing.

For children 2 to 6 years
- Brush children’s teeth, or assist with tooth brushing, twice a day.
  - Use no more than a pea-sized amount of fluoride toothpaste.
  - Children should spit out excess toothpaste, but they should not rinse with water.