

**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.



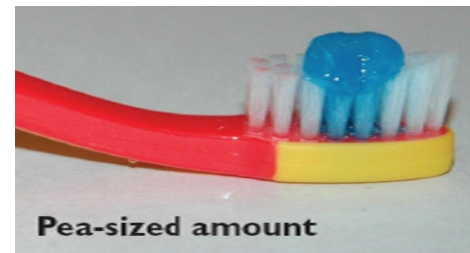
Drinking fluoridated water is the best way to prevent tooth decay.

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

Tooth paste with fluoride also prevents tooth decay.



**COLLEGE OF AGRICULTURE  
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COOPERATIVE EXTENSION  
Cochise County



**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.