

# Toothpaste – Parent Information Prompt Sheet

## Which Toothpaste?

Increasing exposure to fluoride helps to prevent dental caries.

Fluoride toothpastes are currently available in three concentration ranges:

- Lower fluoride pastes (commonly known as Children's pastes) containing less than 600 parts per million (ppm)
- Standard (family) pastes containing 1000 – 1500 ppm
- High concentration pastes containing over 2000 ppm

The lower fluoride formulations were introduced to meet the concern that young children might ingest excessive fluoride. However, research has shown that the effectiveness of fluoride toothpastes increases with the fluoride concentration and there is no clear evidence that pastes containing less than 1000 ppm are effective.

## How much?

For children aged up to 3 years, use only a smear of family fluoride toothpaste



For children aged over 3 years, use a pea-sized amount of family fluoride toothpaste



## Remember!

It is important that children are discouraged from swallowing toothpaste and should **spit and not rinse** after brushing.