ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Toothpaste Tips

The right toothpaste and the right amount can help protect teeth at every age.

Why it matters:

Fluoride toothpaste strengthens teeth and helps prevent cavities. Using the right amount is especially important for young children.

What to do:

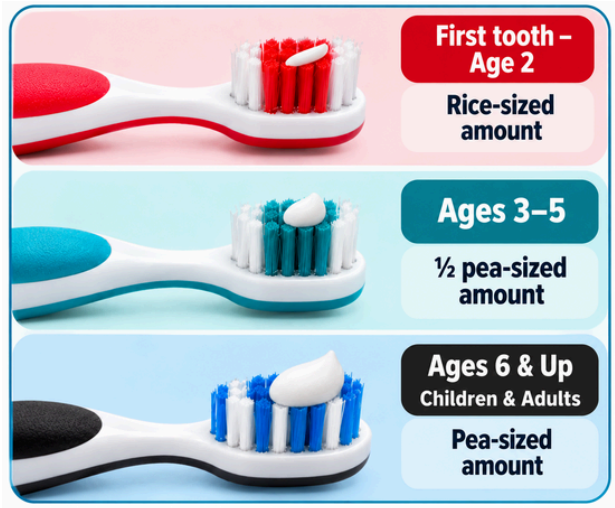
- Choose fluoride toothpaste with the ADA Seal of Acceptance.
- Brush twice a day for 2 minutes, especially at bedtime.
- Use the amount shown in the guide. For ages 3–5, guidelines recommend a pea-sized amount; our guide shows less to help limit swallowing.
- Help young children brush and teach them to spit.

What to Avoid:

- Using too much toothpaste, especially for young children.
- Don't give up on fluoride toothpaste because of foaming or irritation. SLS is a foaming ingredient that can irritate some mouths. Try an SLS-free fluoride toothpaste if needed.

Ask a dental professional if...

Ask about special toothpaste if you have sensitive teeth, dry mouth, or frequent cavities.



Bedtime Tip!

Make fluoride toothpaste the last thing to touch your teeth at bedtime. Spit out extra toothpaste, but don't rinse. Drink only water afterward.

More Healthy Teeth from the Start Tips & Tricks:

- They're Not "Just Baby Teeth"
- Lift the Lip: Check for Early Cavities
- Fluoride for Healthy Teeth