



Brushing and Flossing

Brushing with fluoride toothpaste and flossing help control harmful bacteria that cause tooth decay and gum disease.

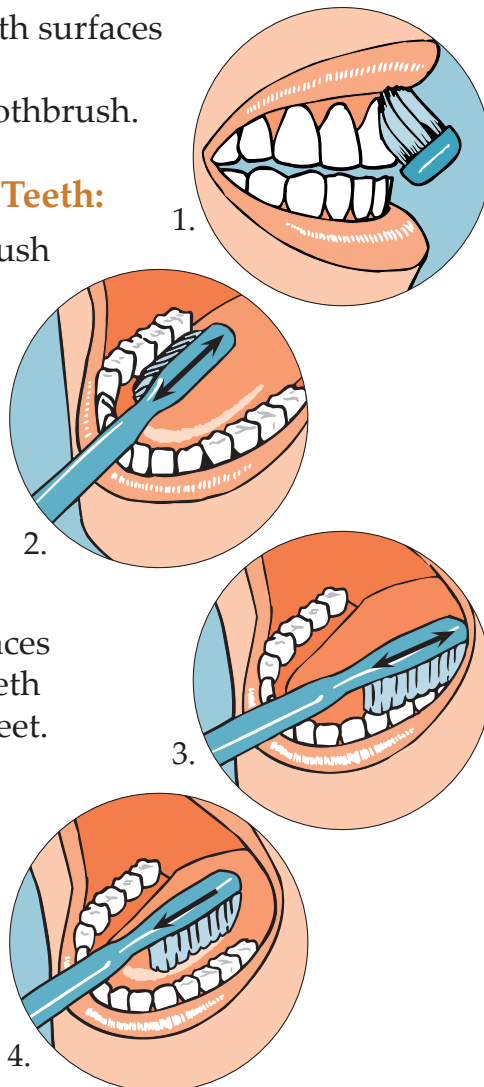
- Tooth decay can affect eating, sleeping, learning and working.
- Unhealthy teeth and gums have been linked to poor birth outcomes, diabetes, heart and lung disease.
- Good oral care helps you look and feel your best and helps to keep the rest of the body healthy.

Brushing

- Brush all tooth surfaces twice a day.
- Use a soft toothbrush.

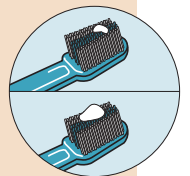
How to Brush Teeth:

1. Angle the brush towards the gums. Make **small** back and forth movements
2. Brush the inside and outside surfaces where the teeth and gums meet.
3. Brush the top of the teeth.
4. Brush the tongue.



Fluoride

- Fluoride makes teeth stronger and helps prevent tooth decay.
- The Canadian Dental Association recommends adults brush children's teeth using fluoride toothpaste when there is a risk of tooth decay. One risk factor for tooth decay is living where there is no fluoride in the drinking water. Vancouver Coastal drinking water is not fluoridated*.
- The safe and effective amount of fluoride toothpaste to use is:
Under 3 years old: rice grain size
Over 3 years: pea size



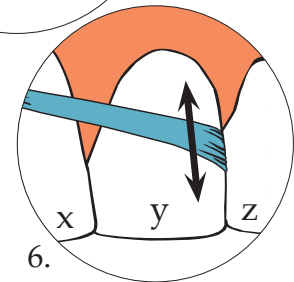
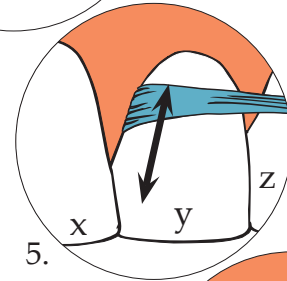
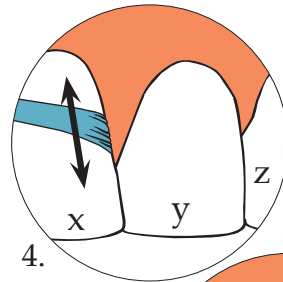
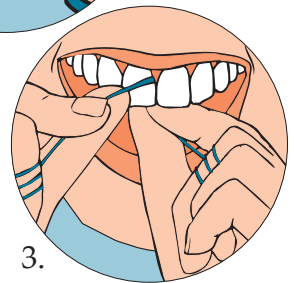
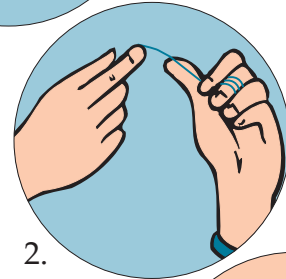
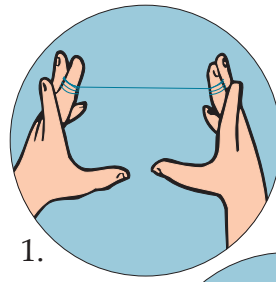
*Some private water systems and wells may have natural fluoride. Call your water supplier to check.

Flossing

- Dental floss is a special string used to clean between the teeth and below the gum.
- Floss once a day.
- Find a type of floss that works well for you.

How to Floss Teeth:

1. Take about 30cm of floss and wrap each end around the middle fingers.
2. Hold the floss between the thumb and first fingers of each hand and stretch the floss tightly.
3. Slide the floss between the teeth and wrap it around one side of the tooth.
4. Move the floss up and down the sides of the tooth going gently under the gum (x).
5. Repeat this action on the next tooth (y).
6. Use a clean part of the floss as you go between the next two teeth (y & z).



See a dental professional to learn more information on brushing and flossing and other oral healthcare products.

Other fact sheets on parenting your child are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>

For more information:

- HealthLink BC - Dial 8-1-1. Translation services are available in 130 languages. www.healthlinkbc.ca
- or the Public Health Dental Program or a Public Health Nurse at Vancouver Coastal Health. www.vch.ca
- VCH Parenting Website - <http://parenting.vch.ca/>