



Is your toothbrush up to the job?



Electric/Manual Toothbrush

- Change your toothbrush or toothbrush head every 3 months and when bristles fray
- Remember to recharge your rechargeable electric toothbrush



Toothbrush Sizes

0-3 years - Small toothbrush head with soft bristles (finger brush may be used for babies to start with)



3-9 years - Kid-sized toothbrush
Smaller head, softer bristles and easy grip handle

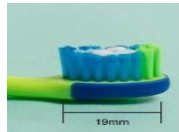


10 years+ - Appropriate sized toothbrush with medium bristles

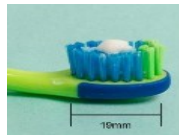


Toothpaste

0-3 years - Smear of toothpaste
Fluoride no less than 1000 ppm



3+ years - Pea-sized amount
Fluoride 1350-1500 ppm



Don't share your toothbrush with anyone
Sharing a toothbrush can pass on bacterial infections and viruses

