



Using Fluoride For Children

Fluoride helps prevent tooth decay, by strengthening the enamel. A small amount of fluoride is taken in from our food and water, and from toothpaste.

In many Australian cities & towns, fluoride is added to drinking water. Giving children a little extra daily fluoride is generally recommended if a child has already had some decay, or if your dentist feels your child is at risk of decay.

It is important not to give kids TOO MUCH fluoride, as this can affect the development of the adult teeth. This means watching how much fluoride kids get from toothpaste and from extra sources.

Toothpaste contains a fair amount of fluoride, and kids up to the age of 5 years should only use a small amount of toothpaste each time they brush (a drop about the size of a pea is great). Using special 'children's' toothpaste is an even better idea.

The best form of extra daily fluoride for kids is often tablets, which they should chew for 45-60 seconds and then SWALLOW. Child strength tablets (1/2 mg per tablet) are now available. Adult size tablets are 1.0 mg in size.

Fluoride droplets can also be used, mixed in water or juice. They are not as useful as tablets for kids up to the age of 8 years.

Daily doses of extra fluoride for kids depends on their age.

It also depends on how much daily fluoride they get from water & food. Do not guess if you want to give your child extra fluoride.

ASK YOUR DENTIST FOR THEIR PROFESSIONAL ADVICE.