

# Healthy Mouths

A guide for better oral health routines

## What's in your toolbox?



### Fluoride toothpaste

Fluoride toothpaste can be used throughout life, including during childhood. Remember “pea at three.” Use a smear of toothpaste (about the size of a grain of rice) until three years of age, and then a pea-sized amount through adulthood.

### Fluoride mouth rinse

Use a fluoride mouth rinse after brushing. Children can use fluoride rinses too, but it is recommended that they wait until they can reliably spit it out and rinse, rather than swallowing.

### Dental floss

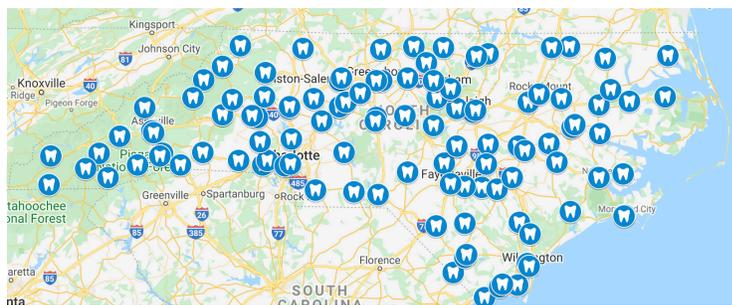
Remember to floss at least once per day. Flossing is an important step to clean parts of your teeth that a toothbrush cannot reach. For children, begin flossing when a child has two teeth that touch.

## What's your daily routine?

1. Apply the correct amount of fluoride toothpaste.
2. Brush for two minutes using circular motions (pictured above), brushing the front and back of the teeth as well as the gumline.
3. Rinse thoroughly with water.
4. Floss between all teeth.
5. Rinse with a fluoride mouth rinse.

## Looking for affordable oral health care?

Visit [oralhealthnc.org/access-map/](http://oralhealthnc.org/access-map/) to find providers in your area.



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