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Information
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d'information pour
les cliniques de
première ligne

A strong, healthy smile all year long

Sugary snacks and hot drinks can increase the risk of tooth decay in children. Tooth decay is common, but it can be prevented with simple daily habits.

Encourage your child to brush their teeth twice a day for 2 minutes with fluoride toothpaste. Fluoride helps strengthen enamel and prevent cavities. Children often need help brushing all their teeth properly until they are about 8 years old. Daily flossing is also important when teeth touch each other.



Limit sugary snacks and drinks, especially before bedtime. Water is the best choice for protecting teeth. Regular dental checkups can detect problems early and prevent pain, infections, and school absences due to toothaches.

Make an appointment with a dentist if your child has a toothache or to schedule a preventive checkup.



For more information, visit:

- Canadian Dental Association - [Dental Care for Children](#)
- Government of Canada - [Oral health for children](#)
- Government of Canada - [Oral health for children aged 3-6](#)