**PROTECT YOUR SMILE**

**Strong Smiles Everyday**

Daily use of fluoride toothpaste is an inexpensive and easy way to protect children’s teeth from decay. A pea-sized amount of toothpaste twice a day is all you need. Spit out after brushing but don’t rinse to get the full benefit of fluoride.

The fluoride in toothpaste is absorbed into tooth enamel while brushing, protecting teeth from tooth decay.

Public water supplies on Vancouver Island do not have fluoride added so it is important to use fluoride toothpaste.

Toothpastes with special adult ingredients such as “anti-tartar”, “whitening”, and “anti-bacterial” agents are not recommended for children under age 12.

**Play it Safe with your Teeth**

Every year, sporting accidents cause broken teeth and injury to children’s mouths. Mouth (sports) guards help prevent injury to teeth during contact sports.

Mouth guard kits are available at sporting goods stores for around $50. These mouth guards are quick and easy to fit. For a custom fit mouth guard, contact your dental office.

If a tooth is knocked out, there may be blood. Reassure the child:

* If you find the tooth, hold by the tooth crown and place in milk or water
* Gently rinse the mouth with warm water and apply cold compress
* Call a dentist as soon as possible for further instructions

Adults can be good role models by wearing helmets and mouth guards to prevent sports injuries and to encourage children to do the same.

**Play it safe with your family’s smile.**

For more information:

* Canadian Dental Association – [Dental Safety and Emergencies](https://www.cda-adc.ca/en/oral_health/talk/complications/emergencies/)