Using Fluoride Safely

How fluoride helps:  The dangers of Fluoride:

* Creates strong teeth  * Fluorosis – caused by too much fluoride. Can cause white patches on teeth, weak enamel, or brownish mottling.
* Teeth resist decay more
* Strengthens enamel

To be sure that your child is getting the right amount of fluoride:

- Check your local fluoride content by calling your local water department.
- Check with your doctor or dentist about your child’s fluoride needs.
- Talk to your doctor about a fluoride supplement if necessary.
- Do not use toothpastes and mouthwashes with fluoride in children below the age of 2 (toddlers tend to swallow toothpaste.)
- If your child uses fluoridated toothpaste, allow only a pea-sized amount a day.

If your child uses fluoride supplements:

- Do not take with foods containing calcium
- Take this medicine only as directed by your health care professional
- Do not take too much
- If you miss a dose, do not double up the next time

Funded By: the Office of Planning, Research and Evaluation of the Administration of Children and Families (OPRE/ACF), Grant Number: 90-YF0046. Copyright Michigan State University Board of Trustees 2008.