

## Home Fluoride Products for Children

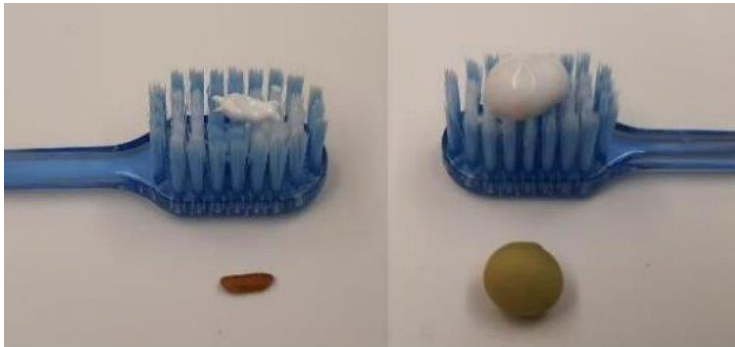
### What is in my toothpaste that protects my teeth?

Fluoride helps to strengthen the outer layer (enamel) of the tooth and reduces bacterial growth in the mouth. Regular use of fluoride toothpaste helps to reduce the chance of dental decay and treat early decay. <sup>1</sup>

Use of fluoride toothpaste, effective tooth brushing and regular check-ups with a dentist can help keep your teeth free from decay.

### Is it safe for my child?

The Ministry of Health (MOH) recommends that children below 3 years old should brush using a 'smear' (size of a rice grain) of 1000ppm (parts per million) fluoride toothpaste twice a day. Children 3 years old and above should use a 'pea-sized' amount instead. <sup>2</sup> Adult supervision is required to ensure the correct amount of toothpaste is used and that your child does not swallow the toothpaste. Swallowing too much fluoride may result in fluorosis of the permanent teeth, which leads to changes in the colour or texture of the teeth.



Left: Smear/Rice grain-sized

Right: Pea-sized

#### INGREDIENTS

Aqua, Sorbitol, Hydrated Silica, Glycerin, Potassium Nitrate, Cocamidopropyl Betaine, Aroma, Zinc Citrate, Xanthan Gum, Titanium Dioxide, Sodium Saccharin, Sodium Hydroxide, Sodium Fluoride, Sucralose.

Contains Sodium Fluoride 0.221% w/w (1000 ppm fluoride) ←

#### *Example of toothpaste ingredients list*

<sup>1</sup> <https://www.fdiworlddental.org/promoting-dental-health-through-fluoride-toothpaste>

<sup>2</sup> <https://www.healthhub.sg/live-healthy/1272/growing-kid-help-your-child-smile-for-life>

### **How about fluoride-free toothpaste?**

Fluoride-free toothpaste does not contain fluoride and are not effective in strengthening your teeth against decay. They are often sold as 'herbal' or 'natural' toothpaste and are not recommended to be used.

### **Is using fluoride mouthwash beneficial?**

Fluoride mouthwash is not recommended for children aged 6 and below due to the risk of swallowing.

Above the age of 6, it is not necessary for your child to include it in their oral hygiene routine if they are brushing with 1450ppm (adult) fluoride toothpaste twice a day. Please follow your dentist's recommendations before allowing your child to start using fluoride mouthwash. If fluoride mouthwashes are recommended by your dentist because your child is at higher risk of tooth decay, make sure that your child does not swallow when using it.

Alcohol-free fluoride mouthwash is less irritating to the mouth but has similar benefits.

### **How should my child use home fluoride products?**

Brush with fluoride toothpaste for 2 minutes. This allows the fluoride enough time to come into contact with the teeth to strengthen them. The brushing should be done twice a day, once in the morning and once at night before going to bed.

After brushing, spit the toothpaste out and do not rinse with water to maximise the effect of fluoride.

**Child Dental Toothpaste** (correct as at 19 Nov 2024)  
 [Please note that the list is non-exhaustive]

S/N	Brand	Types	Flouride content (ppm)
1	Aquafresh	Little Teeth 3-5 Years Big Teeth 6+ Years	1450
2	Elgydium	Tooth Decay Protection 7/12 Years Mild mint Junior Bubblegum 6/12 Years	1400
3	Aquafresh	Milk Teeth 0-2 Years	1000
4	Elgydium	Teaching Toothpaste Kids Red Berries/Strawberry 3/6 Years	1000
5	Kodomo	Extra Shield (Fruity Fresh/ Grape/ Strawberry)	1000
6	Oral 7	Kid's Toothpaste	1000
7	Pearlie White	Kid's Toothpaste Enamel Safe 2 Years and Up	1000
8	Systema	Super Smile (Bubble Burst/Strawberry Rush) 8+ Years	1000
9	Darlie	Jolly Junior 6-12 Age Mixed Dentition	800
10	Darlie	Jolly Junior 2-6 Age Milk Teeth	600
11	Colgate	3-5 years Natural Strawberry Flavor 6-9 years Natural Strawberry Mint Flavor	Yes (ppm not stated)
12	G.U.M	G.U.M Toothpaste 2-6 Years Grape Flavor	Yes (ppm not stated)
13	G.U.M	G.U.M Toothpaste 7-12 Years Soft-Mint Flavor	Yes (ppm not stated)
14	Kodomo	Anti-Cavity (Grape/Orange/Strawberry)	Yes (ppm not stated)

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