

HOW MUCH TOOTHPASTE?



1ST TOOTH TO 1 YEAR

ONCE FIRST TOOTH COMES IN,
USE A DOT OF TOOTHPASTE ON
A WASHCLOTH.



1 YEAR TO 3 YEARS

ONCE FIRST TOOTH FULLY
COMES IN, SWITCH TO A
TOOTHBRUSH WITH A GRAIN OF
RICE SIZE TOOTHPASTE.



4 YEARS TO 5 YEARS

PEA SIZE AMOUNT



OVER 6 YEARS OLD

ALMOND SIZE AMOUNT

Be sure to use a soft toothbrush.