

Fluoride Facts



What is Fluoride?

- Fluoride is a natural mineral that helps keep teeth strong and healthy. It's not a medicine.

Why is Fluoride important?

- It helps stop tooth decay in kids and adults.
- It makes tooth enamel stronger.
- It helps people keep their teeth healthy for life.

Where do we get Fluoride?

- Some water has fluoride, but not always enough.
- **Tucson does *not* add fluoride to drinking water.**
- Dentists or doctors may put fluoride on your child's teeth.
- Use toothpaste that has fluoride in it.

How to use Fluoride Toothpaste?

- Use a soft toothbrush.
- Start brushing when your child gets their first tooth.
- Under age 2: use a tiny smear (size of a grain of rice).
- Ages 2–6: use a pea-sized amount.
- Help kids brush and remind them to spit, not swallow.

What is Fluorosis?

- Too much fluoride while teeth are forming (under age 8) can cause white spots.
- This is called fluorosis. It's not harmful or painful.
- Watch how much toothpaste kids use and help them brush right.