

## What is fluoride?

Fluoride is a mineral that makes the enamel (outside of the tooth) harder and stronger. Fluoride also helps prevent cavities! Food, beverages, and dental products containing fluoride help continue to strengthen the enamel.<sup>1</sup>

## Where is fluoride?

- Community Water Systems
- Sometimes in natural water sources like lakes, rivers, wells, oceans
- Fluoride supplements
- Some foods including potatoes and tea
- Toothpaste containing fluoride
- Mouthwash containing fluoride

## Is fluoride safe?

Yes! However, just like with anything in life – balance is key.

## Want to know more?

### Contact Information:

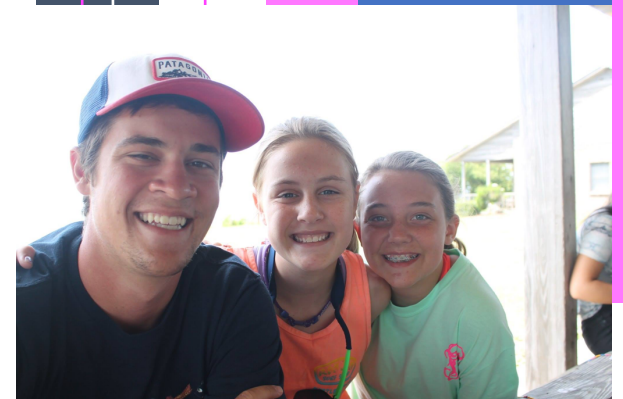
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### References

1. American Dental Association. Fluoride. Mouth Healthy TM. <https://www.mouthhealthy.org/en/az-topics/f/fluoride>. Accessed February 22, 2020.
2. LISTERINE. Guide to Mouthwash for Kids. LISTERINE. <https://www.listerine.com/mouth-coach/oral-health-routines-for-kids>. Accessed February 23, 2020.
3. Centers for Disease Control and Prevention. Children's Oral Health. Oral Health. <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>. Published May 14, 2019. Accessed February 23, 2020.



**Smile Today,  
Smile Tomorrow:  
Preventive Tips for  
Families!**



## Flossing Tips:

- Wrap one end of an 18-inch piece of floss near the top of your index finger
- Wrap the other end of floss around your other index finger leaving some floss in between these two fingers
- Gently move the floss in a C shaped position between each tooth to remove food particles

\*Easier option is to use a dental floss pick!



Image by [Hannah Edgman](#) from [Pixabay](#)

## Brushing Tips:

- Brush your teeth at least twice a day (morning and night)
- Use a pea-sized amount of fluoride toothpaste
- Gently brush your teeth moving the toothbrush in a circular motion
- Brush all areas of each tooth
- Brush for 2 minutes - Don't have a timer? Sing the ABC's four times

*Did you know that your oral health directly relates to your overall health?*

## Mouthwash Tips:

- Pour 10 milliliters (2 teaspoons) of mouthwash that contains fluoride into the mouthwash container cap<sup>2</sup>
- Put mouthwash into your mouth and swish it in your mouth for 30 – 60 seconds
- Spit out mouthwash

\*Do not swallow the mouthwash!

## Visit Your Dentist!

- Make sure to visit your dentist every 6-12 months for a teeth cleaning!<sup>3</sup>