Brush your teeth in the **morning** and at **night**. Choose a **fluoride toothpaste** for your whānau.

0-6 year olds only need a smear of toothpaste on their brush

6 years and older need a pea sized amount

**These** toothpastes have **no fluoride** in them.

- red seal kids
- ecostore complete care
- grin
- red seal natural