

Québec's Supervised Toothbrushing with Fluoride Toothpaste Program



Cavities affect
1 in 2
school-aged children.

70 %

of 17-month-old
children do not
brush twice
a day.

35 %

of 4-year-old
children do not
brush twice
a day.

Cavities can have many
consequences :

- Pain
- Infection
- Difficulty eating and sleeping
- Delayed learning
- Behavioural problems
- Lower self-esteem



Toothbrushing with fluoride
toothpaste is a **healthy**
lifestyle habit to promote,
just like healthy eating and
physical activity.

You can play an important role
in reducing cavities!

5 good reasons to offer this service at your school or daycare



FAST : easy activity to integrate into your routine at any time of the day (5 to 10 minutes a day).



SIMPLE : no specific brushing technique, no water, seated at the table.



STIMULATING : the group effect promotes the adoption of a healthy lifestyle.



EFFECTIVE : fluoride toothpaste reduces cavities and improves children's well-being.



FAIR : beneficial for all children.

This document was produced by the the Ministère de la Santé et des Services sociaux, the CISSS de Lanaudière, the CISSS des Laurentides, the CISSS de Laval and the CIUSSS du Saguenay-Lac-Saint-Jean.

This document was inspired by the work of the CISSS de la Montérégie-Centre.

Interested?

Contact the public health dental hygienist.

Contact information

