

# Québec's Supervised Toothbrushing with Fluoride Toothpaste Program



Cavities continue to be a serious public health issue.

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



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



You can play an important role in reducing cavities!

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.

Québec



**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.



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

**Interested?**

Contact the public health dental hygienist.

Contact information

