For children less than 3 years old it is good practice to use a smear of 1450 **ppm** fluoride toothpaste.

For children over 3 years old it is good practice to use a pea-sized amount of **1450ppm** fluoride toothpaste.

Source: Public Health England & Dept. of Health (2014) Delivering Better Oral Health: An evidenced based toolkit on prevention.





