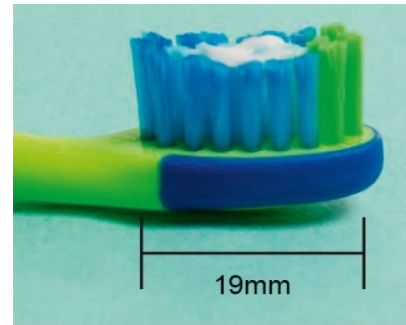
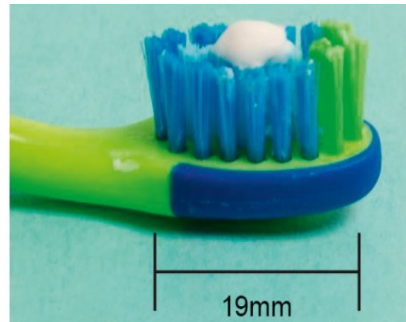


For children **less than 3 years old** it is good practice to use a **smear** of **1450 ppm** fluoride toothpaste.

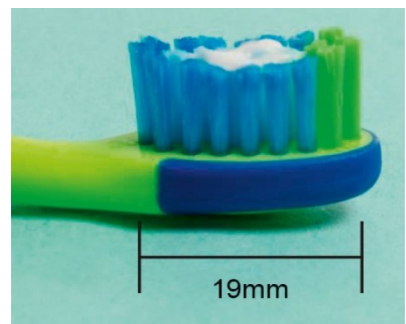


For children **over 3 years old** it is good practice to use a **pea-sized** amount of **1450ppm** fluoride toothpaste.



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

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.



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