



The
Gentle Reset
LOVE YOURSELF FOR A LIFETIME



FLUORIDE & YOUR CHILD

WHAT EVERY PARENT SHOULD KNOW

Protecting little bodies, supporting lifelong health.



WHAT IS FLUORIDE?

Fluoride is a naturally occurring mineral added to many toothpastes, drinking water supplies and dental products to help prevent tooth decay.

While it can strengthen tooth enamel when used correctly, too much fluoride—especially when swallowed by young children—can have negative effects on their developing bodies.



THE CONCERN: SWALLOWING FLUORIDE

Young children do not have the ability to spit out toothpaste effectively. When swallowed regularly, fluoride can build up in the body over time.

Children are more vulnerable to fluoride overexposure than adults because:

- They have a lower body weight
- Their organs and bones are still developing
- They use more toothpaste relative to their body size



POTENTIAL NEGATIVE EFFECTS OF EXCESS FLUORIDE IN CHILDREN



DENTAL FLUOROSIS

Too much fluoride can cause white spots, streaks or mottling on developing teeth. In more severe cases, it can lead to brown staining and pitting.



BRAIN & NEUROLOGICAL DEVELOPMENT

Research suggests high fluoride exposure in children may be linked to lower IQ, learning difficulties and reduced cognitive function.



THYROID DISRUPTION

Excess fluoride may interfere with thyroid function, which plays a key role in growth, metabolism and brain development.



BONE HEALTH

High fluoride exposure over time may affect bone density and quality, increasing the risk of fractures later in life.



DIGESTIVE UPSET

Swallowing fluoride can cause nausea, stomach pain, vomiting and diarrhoea—especially in young children.

HOW MUCH IS TOO MUCH?



The safe upper level for fluoride from all sources (toothpaste, water, food, supplements) is:

- Children 0–3 years: 0.7 mg per day
- Children 4–8 years: 1.0 mg per day

(Excess above these amounts increases risk of adverse effects.)

HOW TO REDUCE RISK & KEEP THEIR SMILE STRONG

- ✓ Use a smear or rice-grain size of fluoride toothpaste for children under 3.
- ✓ Use a pea-sized amount for children aged 3–6.
- ✓ Always supervise brushing and encourage spitting, not swallowing.
- ✓ Consider fluoride-free toothpaste, especially for children under 6.
- ✓ Offer a nutrient-dense diet rich in calcium, magnesium, vitamin D and K2 to support strong teeth and bones.
- ✓ Use natural oral care alternatives such as xylitol, hydroxyapatite or herbal tooth powders.



OTHER SOURCES OF FLUORIDE



Fluoride isn't just in toothpaste. Be aware of hidden sources:

- Fluoridated tap water
- Mouth rinses
- Some teething gels
- Processed foods & drinks
- Fish with high fluoride levels
- Supplements



GENTLE REMINDERS



Less can be more when it comes to fluoride. Small daily exposures add up.



Focus on prevention through whole foods, healthy habits and a strong oral care routine.



You are not alone. Every small change you make supports your child's long-term health.

Our children deserve more than symptom management. They deserve root-cause care and a healthy start for life.



INFORMED PARENTS. HEALTHY CHILDREN. BRIGHTER FUTURES.

You've got this.

