



## Where We Stand: Fluoride Supplements

Babies under 6 months old should not get fluoride supplements. After that time, however, breastfed and formula-fed infants need appropriate fluoride supplementation if local drinking water contains less than 0.3 parts per million (ppm) of fluoride.

- **If your home is supplied by its own well**, have the well tested to determine the amount of natural fluoride in the water. If your baby consumes bottled water instead or your home is connected to a municipal water supply, check to see if the water is fluoridated ([/English/healthy-living/oral-health/Pages/Water-Fluoridation.aspx](#)).
- **If your family prefers bottled water**, you should consider purchasing water marketed for babies with fluoride added; sometimes called "nursery water." It is available in the baby food aisle in grocery stores, and can be used when mixing formula ([/English/ages-stages/baby/feeding-nutrition/Pages/How-to-Safely-Prepare-Formula-with-Water.aspx](#)).



Your pediatrician or pediatric dentist ([/English/family-life/health-management/pediatric-specialists/Pages/What-is-a-Pediatric-Dentist.aspx](#)) can advise you on whether there is a need for fluoride drops for your baby and prescribe the appropriate dosage. Formula-fed infants receive some fluoride from their formula if the drinking water is fluoridated.

**The American Academy of Pediatrics recommends that you check with your pediatrician or pediatric dentist to find out if any additional fluoride supplements are necessary.**

Remember, appropriate fluoride supplementation is based on each child's unique needs. A supplement should be considered by you and your doctor until all of a child's permanent teeth are present in the mouth.

### Additional Information:

- [FAQ: Fluoride and Children \(/English/healthy-living/oral-health/Pages/FAQ-Fluoride-and-Children.aspx\)](#)
- [Water Fluoridation \(/English/healthy-living/oral-health/Pages/Water-Fluoridation.aspx\)](#)
- [How to Safely Prepare Formula with Water \(/English/ages-stages/baby/feeding-nutrition/Pages/How-to-Safely-Prepare-Formula-with-Water.aspx\)](#)

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The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

