



Healthy Smiles: Dental Tips for Young Kids

Healthy, strong teeth are important to a child's growth. They can help young children learning to eat, talk, and even smile fully.

Even though baby teeth get replaced, we want teeth to be healthy until the replacement shows up. These baby teeth are holding a place for the permanent teeth.

Rewards!

Go to the dentist and get rewarded! Claim a \$50 gift card credit for one (1) comprehensive, preventive care visit to the dentist each year.



Healthy Teeth Care: At Home

- When your child's first teeth appear in the mouth use a soft washcloth to gently wipe the teeth.
- Always use a soft toothbrush that is made for children.
- Brush your child's teeth every day after breakfast and before bed time with fluoride toothpaste. Children ages 2 to 7 need a pea-sized amount.
- Always brush the front and back of their teeth and the tops of the back teeth.
- Make sure your child spits out the toothpaste after brushing, but does not rinse.
- Floss your child's teeth when the teeth next to each other touch.
- Ask your dentist to show you how to floss your child's teeth.
- Wean your child from the pacifier before they are 3 but 12 months is preferred.

Healthy Teeth Care:

The Dentist

Take your child to the dentist every 6 months starting at age 1! Passport by Molina Healthcare covers dental visits. If your child has not seen a dentist in the past 6 months, call today to set up a visit.

- If your child is under 5 years old, they will need fluoride varnish as part of their twice a year check ups. Ask your child's dentist or pediatrician about applying fluoride. It's safe and better protects baby teeth from cavities.
- **Sealants Starting at 6:** Around age 6 your child will start getting their permanent molars. To protect these big teeth, your child's dentist should put a "sealant" on each one after it pops through the gums. Sealants protect the top and in between teeth from cavities to keep your child's teeth healthy and strong.



Smile Real BIG: Dental Tips for Older Kids

As kids get older, having a great smile is a confidence boost. Big kids and teens may need reminders to take care of their smile!

- Go to the dentist every 6 months.
- Ask the dentist about topical fluoride treatments. Some big kids still need this.
- Every permanent molar needs a sealant. Permanent molars usually come in between the ages of 6-14 years. Sealants are easy to apply and don't hurt. They block food pieces from getting stuck in the teeth and prevent cavities from forming.
- Brush and floss twice a day.
- Did you know that a 20-ounce soda has 17 teaspoons of sugar? Limit sugary drinks and snacks.
- Change toothbrushes every 3 to 4 months or sooner if the bristles are worn.
- Only use soft bristle toothbrushes.



Want to learn more?

If you want to learn more about how to help your child take care of their smile, call us at 1-800-578-0603, then select the dental option. TTY users may call 711. We're here to help!

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