

Every Child Deserves a Healthy Smile



Don't let small cavities turn into big problems. Untreated cavities in young children can lead to problems with eating, speaking, playing, and learning. Here are a few healthy smile tips for infants and younger children:



Infants

- ✓ Until teeth start coming in, use a damp washcloth to gently wipe your baby's gums after each feeding.
- ✓ Start brushing as soon as your baby's first tooth comes in. Use water and a tiny bit of fluoride toothpaste (about the size of a grain of rice).
- ✓ Once your baby's first tooth comes in, your child's PCP or dentist can apply fluoride varnish (see below) to prevent cavities. This should happen every three to six months.
- ✓ Get into the habit of bringing your baby to the dentist every six months.
- ✓ Begin flossing your child's teeth once they begin to touch.
- ✓ Children 2–6 years old should brush twice a day for two minutes. Use a pea-size amount of fluoride toothpaste. Make sure children don't swallow too much toothpaste.



All ages

- ✓ Encourage eating healthy snacks and drinking water. Sugar and acid in fruit juice, snacks, sports drinks, and candy can hurt a child's teeth. Offer snacks that have calcium, like cheese and low-sugar yogurt.
- ✓ Replace your child's toothbrush every three to four months.
- ✓ Ask your child's dentist about *dental gels* or *varnish*. These special substances are applied to the surface of your child's teeth to help prevent tooth decay. This is especially important if your child drinks bottled water, which may not have fluoride.
- ✓ Keep going for dental visits every six months.

(continued on back)





We are in this Together

WellCare of Kentucky is here for all of your family's dental needs. We can help you find a dentist, update your dental home, or get an appointment. We can also help answer your questions. Just call **1-855-704-0432 (TTY: 711)**. We are here for you Monday through Friday, from 7 a.m. to 7 p.m., Eastern time.

Sources: Centers for Disease Control and Prevention, United States Preventative Services Taskforce

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-877-389-9457 (TTY: 711)**.

ATENCIÓN: Si habla español, contamos con servicios de asistencia lingüística que se encuentran disponibles para usted de manera gratuita. Llame al **1-877-389-9457 (TTY: 711)**.

注意：如果您說中文，您可以免費獲得語言援助服務。請致電 **1-877-389-9457 (TTY : 711)**。

