YOU CAN KEEP YOUR CHILD'S SMILE HEALTHY!

DENTAL CAVITIES

Teeth + Sugars + Bacteria = Acids that damage teeth and create cavities!

The more often you eat sugary foods, the more likely cavities will form. Remember: Starches like rice and potatoes also break down to sugars.



Sugar + plaque = acid attack | Many acid attacks over time | Cause tooth decay

BOTTLES



- Bottles should only be used with formula, breast milk, or water.
- At bedtime or naptime, bottles should be filled with only water.
- Limit sugary liquids to meal and snack times only.
- By the age of 12 months, you can eliminate the use of a bottle.

CUPS

- Introduce a cup at 6-9 months.
- Do not let your child carry around a bottle or sippy cup filled with a sugary drink.
- Offer water, instead of juice.

SNACKS

- Limit frequent snacking
- When a snack is given, choose a healthy option for your child like the following:
  - Vegetables
  - Fresh Whole Fruit
  - Cheese
  - Whole Grain Crackers



Your child's first dental visit should be within six months of eruption of the first tooth and no later than 12 months of age.

CALL YOUR DENTIST TO SCHEDULE AN APPOINTMENT.
Don't have a dentist? Call MassHealth at 1-800-207-5019.
Need help? Get answers right now through the new MassHealth Member Portal!
Visit us at www.masshealth-dental.net

TOOTH BRUSHING

- Clean your child's gums and start brushing as soon as you see teeth.
- Brush for 2 minutes, 2 times a day.



- Clean between the teeth with floss.
- Use a soft toothbrush.
- For children under three use a smear, or grain-of-rice-sized of toothpaste.
- Keep toothpaste out of reach of children.
- At about 3 years old let your child start learning to brush their own teeth but be there to help; kids aren't expected to brush properly until 6-8 years old.



Smear



Pea-size

FLUORIDE

- Helps prevent cavities.
- ***Ask your doctor for a fluoride application today!***

MassHealth

DentaQuest®