Keep Your Child's Mouth Healthy

Healthy mouths are important—especially for babies and young children.

- Poor oral health can cause your child to have problems eating, speaking, and learning.

- Baby teeth are important because they hold space for adult teeth.

A healthy mouth is important for overall health.

- Cavities can be painful and lead to infections and other health problems.

- You can prevent cavities by taking care of your child's mouth every day.

✚ Dental Health Coverage

Maryland Healthy Smiles Dental Program (Maryland's Medicaid Dental Program) covers dental visits for pregnant women and children through age 20. For more information, go to **HealthyTeethHealthyKids.org.**

Healthy Teeth
Healthy Kids

Find a dentist and schedule an appointment for your child today.

Learn more about caring for your child's mouth at **healthyteethhealthykids.org**.

Spread the word; let others know it is important to care for their child's mouth.

MDAC
Maryland Dental Action Coalition

10015 Old Columbia Rd, Suite B-215
Columbia, MD 21046

mdac.us

Healthy Teeth
Healthy Kids

Give your child a healthy mouth for life

How to Care for Your Child's Mouth

CLEAN. Clean your newborn baby's gums before teeth come in. Once teeth come in, brush with fluoride toothpaste twice a day, every day, especially before bed.

ASK YOUR DOCTOR about fluoride varnish for your baby's teeth. Fluoride varnish helps prevent cavities.

NO BOTTLE OR SIPPY CUP IN BED. Do not lay your baby down with a bottle or sippy cup at nap time or at night. If you must give your baby a bottle or sippy cup, make sure it's filled with tap water.

GIVE MILK OR TAP WATER. Give your child milk or tap water; do not give your child drinks with added sugar, such as soda, juice, or punch.

DO NOT SHARE FOOD, SPOONS, OR FORKS. If you put food or eating utensils in your mouth, do not put them in your child's mouth to avoid spreading germs that can cause cavities.

AT ONE YEAR WELL CHILD VISIT, ASK DOCTOR about child's oral health and fluoride.

CHILDREN SHOULD HAVE THEIR FIRST DENTAL VISIT BY AGE 1. To find a dentist, go to **HealthyTeethHealthyKids.org**.

Dental Sealants Prevent Cavities

Caring for your child's mouth means making sure your child gets dental sealants.

Dental sealants are thin, plastic coatings that are applied to the chewing surfaces of the back teeth by a dental professional.

The back teeth are most likely to get cavities because small amounts of food and sugars get trapped in the uneven surfaces on the tops of the teeth.

Dental sealants protect the teeth by "sealing out" germs and sugars.

Children should get dental sealants between ages 5 and 7, when their first adult molars come in and between ages 11–13, when their second molars come in.

Most dental insurance, including Maryland Healthy Smiles (Maryland's Medicaid Dental Program), pays for dental sealants. To find a dentist who takes Medicaid visit: **HealthyTeethHealthyKids.org**