














# Your Child Can Keep that Healthy Smile!

Children need baby teeth for eating, speaking and growing. Baby teeth also hold space for future adult teeth. Taking care of your child's baby teeth is important for a lifetime of healthy smiles. Please answer the following questions so that you can have a better understanding of the health of your child's teeth.

	Yes	No
1. Have you or anyone else in your home had any tooth decay (cavities) or dental problems?		
2. Does your child have a dentist? (If 1 year of age or older).		
3. Do you need help finding a dentist for you and your family?		
4. Do you brush your child's teeth twice a day using toothpaste that contains fluoride?		
5. Does your child have any physical, developmental, behavioral, or emotional special needs?		
6. Does your child drink juice or sweetened drinks between meals or eat sugary snacks?		
7. Does your child sleep with a bottle filled with drinks, milk, juice, or anything other than water?		
8. Does your child drink water with fluoride?		
9. If your child uses a pacifier, are you dipping it in honey or anything else that is sweet or sugary?		

If you circled any of the teeth, your child is more likely to develop cavities (tooth decay). Cavities can be painful! Children who have cavities in their baby teeth are more likely to have cavities in their adult teeth. The good news is that your child's health care team wants to partner with you to keep your child's mouth healthy.

**Schedule an appointment with your child's dental or medical provider if you circled any of the teeth to the left or if your child is having or has had any of the issues below.**

*Does your child have any of these problems?*

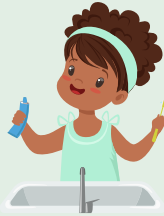
- Tooth pain
- Broken or chipped teeth
- White, brown, or black spots on the teeth
- Red or swollen gums
- Bleeding gums
- Difficulty with chewing or speaking



# Building Healthy Smiles

Good oral health starts at home with your help! Here are some helpful things you can start doing today to build a happy, healthy smile:

**Brush your child's teeth twice a day using toothpaste that contains fluoride. Don't rinse your child's teeth after brushing.**



**Use pacifiers safely until 1 year of age. Do not dip pacifiers in honey or anything sweet or sugary.**

**Don't put your child to bed with any food or drinks other than water.**



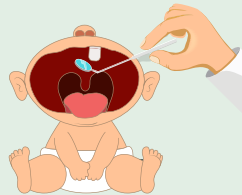
**Make sure your child has fluoride in their drinking water.**

**Limit sugary foods and drinks.**

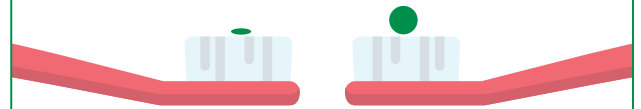


**Provide water between meals, not milk or juice.**

**Schedule regular dental visits starting at age 1.**



## Use the Right Amount of Toothpaste



**0-3 YEARS  
GRAIN OF RICE**

**3+ YEARS  
PEA SIZE**

Adapted from an American Dental Association (ADA) graphic.

## Be Informed

Taking care of little teeth can seem like a lot. But it doesn't have to be! Your child's medical and dental team want to work with you to achieve the best oral health and overall health for your child. Use the space below to write down any questions or concerns you may have about your child's teeth.

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## Need a Dentist?

Is your child enrolled in Medicaid or Health Choice? If so, great news! Your child has dental benefits. To find a Medicaid or Health Choice dental provider in your area, visit the NC Division of Health Benefits (DHB) website ([medicaid.ncdhhs.gov/find-doctor/medicaid-and-health-choice-dental-providers](https://ncdhhs.gov/find-doctor/medicaid-and-health-choice-dental-providers)). Need assistance with enrollment? No problem! Check out DHB's enrollment website ([ncmedicaidplans.gov/enroll](https://ncmedicaidplans.gov/enroll)). Find the right dental home for your child with special needs using this helpful guide ([www.dph.ncdhhs.gov/wch/doc/families/DentalHomeChecklist-102119-WEB.pdf](https://www.dph.ncdhhs.gov/wch/doc/families/DentalHomeChecklist-102119-WEB.pdf)).

