

Think Teeth

Keep up good dental habits at every age.



You can help your child prevent cavities! Here's how:

- Get regular dental check-ups, starting at age 1. Ask about dental sealants that prevent tooth decay.
- Brush twice a day for 2 minutes using fluoride toothpaste.
- Limit foods and drinks with sugar.

Your child could be eligible for dental care through Medicaid and the Children's Health Insurance Program (CHIP). Services include teeth cleanings, check-ups, x-rays, fluoride, dental sealants, and fillings.

To enroll your child, call **1-877-KIDS-NOW (543-7669)** or visit **[InsureKidsNow.gov](https://www.insurekidsnow.gov)**. Already covered? Use the Dentist Locator on **[InsureKidsNow.gov](https://www.insurekidsnow.gov)** to find a dentist near you and call to schedule a dentist appointment today.

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