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 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. To find a dentist, use the Dentist Locator on InsureKidsNow.gov.