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. Already covered? Use the Dentist Locator on InsureKidsNow.gov to find a dentist near you and call to schedule a dentist appointment today.

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