Tips for Keeping Your Baby's Mouth Healthy

Schedule Regular Dental Visits Every 6 Months or More

These visits are covered in your child's Medi-Cal dental plan.

## Ask About Fluoride Treatment at Your Next Dental Visit

Fluoride is put on teeth to help protect against tooth decay. Children can get fluoride treatment once their first tooth appears.

Avoid Sugary Foods and Drinks

Eating a balanced diet from all the food groups and limiting sugary foods helps prevent tooth decay.

Brush your child's teeth with the recommended amount of fluoride toothpaste.

Use a grain of rice-sized amount for children 0-3.
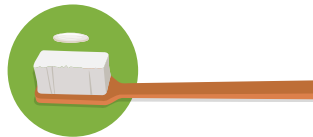
Use a pea-sized amount for children 3+ years.

Medi-Cal Dental Provides Free or Low-Cost Dental Services for Children and Adults.

To learn about Medi-Cal's covered dental benefits and to find a dentist visit **SmileCalifornia.org** or scan the QR code below. You can also call the Telephone Service Center at **1-800-322-6384**.

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Healthy Smiles from Pregnancy Through the Toddler Years

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Good Oral Health is Important for You and Your Baby's Overall Health.

This oral health journey will help to keep you and your baby healthy and ensure a smile that lasts a lifetime.

1 During Pregnancy
Seeing the dentist for a cleaning and exam when you are pregnant is safe and can help keep you and your baby healthy.

2 Newborns
As soon as they are born, wipe your baby's gums with a damp washcloth after each feeding.

3 Baby Bottle
Avoid putting your baby to sleep with a bottle as milk can stay around the gums and teeth and cause tooth decay.

4 Babies
Once your baby's teeth appear, clean their gums with a rubber finger brush.
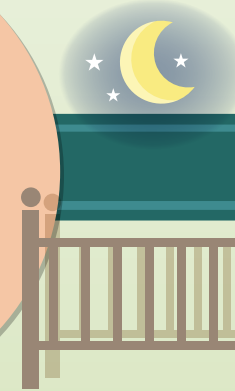
5 1st Birthday
Schedule your child's first dental visit as soon as their first tooth comes in or by their first birthday, whichever comes first.

6 Toddler Years
Baby teeth fall out, but it is important to take good care of them. Baby teeth help your child chew and speak properly.