

Baby Teeth Are Important

..... Call the child's dentist today to schedule a visit.

866-268-9631

If you are enrolled in Advantage Dental, you have a dentist.

Call Member Services to:

- Find your dental home.
- Get support making an appointment.
- Arrange transportation to your appointment.
- Arrange for an interpreter.

Prepared in Conjunction with the Northwest Center to Reduce Oral Health Disparities, Seattle, WA: School of Dentistry, University of Washington



Advantage Dental
442 SW Umatilla Ave, Ste 200
Redmond, OR 97756

Phone: 866-268-9631
Fax: 541-504-3907
www.AdvantageDental.com

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Cavities are **CONTAGIOUS**

Don't Let Your Child Get Infected!



Advantage Dental is here to help



How to Keep the Child from Getting Cavities

Dental Visits are Critical

Cavities are Preventable

Cavities are most likely to appear between 15 and 18 months of age. Toddlers are at risk for decay because the protective layer of the tooth, called enamel, is still developing. That means, now is a critical time to make sure your child is seeing their dentist regularly to prevent cavities.

- **Take Care of The Child's Teeth:** Dental visits and regular brushing with fluoride toothpaste can keep the child's teeth healthy. Children like to copy Mom and Dad, so be a good role model for brushing your teeth.
- **Don't Feed the Bacteria that Cause Decay:** Give the child water throughout the day and at bedtime instead of juice or other sugary drinks. This gives the teeth a chance to get stronger.
- **Supervise and Assist Your Child in Regular Brushing Habits:** Brush the child's teeth twice a day. Use a small, soft toothbrush and a "smear" of fluoride toothpaste. When your child is two (2) years or older, use a "pea" size amount of fluoride toothpaste, (see photos below).
- **Spit Don't Rinse** and don't let your child play with or eat toothpaste.

- **Help The Child Brush:** Children like to be independent and show Mom and Dad that they can brush their own teeth. However, to keep teeth healthy, a parent needs to brush the child's teeth. Floss any teeth that touch.
- **Prevention:** Dentists don't just fix teeth, they can help prevent tooth decay.
- **Dental Visit:** Take the child to the dentist when you see the first tooth, or by their 1st birthday.
- **Risk Assessment:** The dental team will assess the child's risk of developing cavities. A treatment plan will be provided to help protect teeth.
- **Frequency:** The child should be seen at least annually for a check up, possibly more frequently if they are at greater risk.
- **Being a Role Model:** Children like to copy Mom and Dad so be a good role model for tooth brushing.
- If you need help making a dental appointment or with transportation, call Member Services at: **866-268-6931**



Under 2 years = Smear



2 years and older = Pea sized