

# Does your Child have an Advantage Dental Dentist?

..... 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.



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



## Do You Want Your Child To Be **CAVITY FREE?**

Advantage Dental is here to help.



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## Cavities Can Be Prevented

Prevention is a team effort that starts with YOU, the caregiver.

- Cavities are holes in teeth. Holes are formed when cavity-causing bacteria feeds on sugars inside the mouth, producing acid that attack the teeth.
- Babies are not born with cavity causing bacteria.
- Bacteria transfers from infected caregivers to babies through saliva. For example, this can happen when a baby puts their hand in the caregiver's mouth, or when spoons are shared.
- Teeth are most at risk of harm or infection when they are just coming in.



## How to Keep the Child from Getting Cavities

- **Don't Share Bacteria:** Sharing things that have been in someone else's mouth can pass cavity causing bacteria to the baby. Don't let adults or other children share spoons, straws, toothbrushes or anything that has been in someone else's mouth.
- **Don't Feed the Bacteria that Cause Decay:** Give the child's teeth a chance to get stronger. Instead of juice or sugary drinks, give the child water throughout the day and at bedtime/naptime.
- **Start Brushing the Child's Teeth with the Very First Tooth:** Brush the child's teeth/gums twice a day. Use a small, soft toothbrush and a "smear" of Fluoride toothpaste. When the 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 the child play with or eat toothpaste.



Under 2 years = Smear



2 years and older = Pea sized

## Dental Visits

### Visiting the Dental Office

- Dentists don't just fix teeth, they can help prevent tooth decay.
- Take the child to the dentist when you see the first tooth, or by their 1st birthday.
- The dental team will assess the child's risk of developing cavities. A treatment plan will be provided to help protect teeth.
- The child should be seen at least annually for a check-up, possibly more frequently if they are at greater risk.
- 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**