



Oral Health Connection

Keeping Up With Your Child's Oral Health

Infants and Young Children

Did you know a baby's 20 primary teeth are already present in their jaws at birth? These teeth usually start coming through the gum line around 6 months of age. Protect your child's teeth for decades to come by starting them off with good oral health from day one:

- Wipe your baby's gums with a moist gauze pad or washcloth to keep their mouth clean. Once teeth appear, brush them with a soft toothbrush and water.
- The American Dental Association recommends taking children to the dentist no later than their first birthday.
- For children older than 2 years, it is a good idea to use a pea-sized amount of fluoride toothpaste when brushing their teeth. Make sure they spit out a majority of the toothpaste.
- Never put children to bed with a bottle. The sugars in the liquid will coat their teeth, leaving behind bacteria and acid, which causes tooth decay.
- Pacifiers dipped in sugar or sweet liquids can lead to tooth decay. Decay can also occur when there is a transfer of bacteria from a caregiver's mouth to a child's. Take caution not to share spoons or other utensils with your child.

You can find more oral health tips by logging in to our online member portal at DentalCarePlus.com.

T H E P L U S I S S E R V I C E

Teenagers' oral health habits will continue to set the stage for their adult life.

- Encourage them to brush twice a day for two minutes and floss daily.
- Have healthy options on hand instead of sugary snacks or drinks.
- Stress the importance of wearing a mouth guard when they're active.
- Schedule regular dentist appointments.

Tooth decay (cavities) is the single most common childhood disease.

American Academy of Pediatric Dentistry