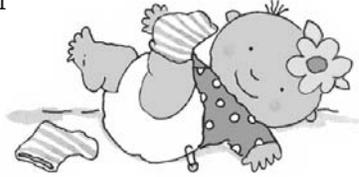


GOOD DENTAL HEALTH FOR CHILDREN

Birth to One Year

- ◆ Wipe baby's gums or new teeth with a clean, damp cloth every day.
- ◆ Lift baby's lips and look at all sides of teeth. Call dentist if there are white, brown or black spots.
- ◆ Put baby to sleep without a bottle.
- ◆ Encourage baby to drink water or milk from a cup at six months.
- ◆ Do not dip pacifier in honey or anything sweet or lick to clean.
- ◆ Sharing toothbrushes, spoons or cups can spread cavity germs.



One to Three Years

- ◆ Starting at age one, take child to visit the dentist every year. Ask about fluoride.
- ◆ Twice a day, clean all sides of teeth. Use a child's toothbrush and a dab of fluoride toothpaste. Wipe off excess toothpaste.
- ◆ After child is one year old, only use a cup.
- ◆ Baby teeth must last 6-10 years.

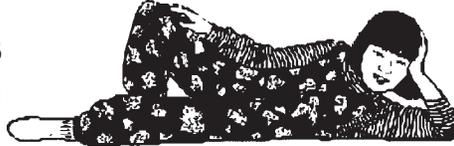


Four to Six Years

- ◆ Brush teeth along gums twice a day. Use a very small (pea-sized) amount of fluoride toothpaste. Wipe or have child spit out excess toothpaste.
- ◆ Help child floss before bedtime.
- ◆ Give healthy snacks, nothing sweet or sticky.
- ◆ Have child use mouthguards for sports like tee-ball and soccer.

Six Years & Beyond

- ◆ A child should have a "dental home" and be seen twice a year.
- ◆ Ask about fluoride applications and sealants on permanent molars.
- ◆ Remind child to be responsible and brush teeth and tongue with fluoride toothpaste twice a day and to floss daily.
- ◆ Replace toothbrush every three months or after an illness.
- ◆ Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports and coffee drinks.
- ◆ Encourage snacking on foods low in sugar such as fruits, vegetables, nuts and cheese.



Books for Children

The following books are available at San Diego County libraries. Ask your librarian for assistance.

Going to the Dentist

by Anne Civardi

Dr. Kanner, Dentist With A Smile

by Alice Flanagan

The Crocodile and the Dentist

by Taro Gomi

Dragon Teeth and Parrot Beaks

by Dr. Almute Grohlmann

Let's Talk About Going to the Dentist

by Marianne Johnston

The Tooth Book

by Theo LeSieg

Staying Healthy

by Alice B. McGinty

Dentists

by Dee Ready

Bye Bye Bottle

by Ellen Weiss

Why do I Brush My Teeth?

by Angela Royston

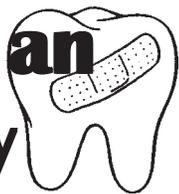
The Tooth Book

by Edward Miller

Throw Your Tooth on the Roof: Tooth Traditions from Around the World

by Selby B. Beeler

In Case of an Emergency



If the child is in pain, rinse mouth with warm water. Apply a cold pack to the outside of the face if swelling occurs. Take the child to see a dentist.

If a tooth is broken or chipped, clean the injured area with warm water. If swelling begins, use cold packs on the outside of the face. Immediately take the child to the dentist!

If any tooth is knocked out, carefully pick the tooth up by its biting surface and place it in cold milk or water. Take the child (and the tooth) to a dentist immediately! It may be reattached.

If the child bites the tongue or lip, apply pressure to the bleeding area with a clean cloth. Apply cold compresses if swelling occurs. If bleeding does not stop, take the child to a hospital emergency room.

Your Children Need You to Keep Them Healthy

Health Checkups are important.

Your child may be eligible for the **Child Health and Disability Prevention (CHDP) Program** which provides no-cost;

- health checkups,
- immunizations, and
- dental referrals



**Ongoing healthcare is
also important for
your child.**

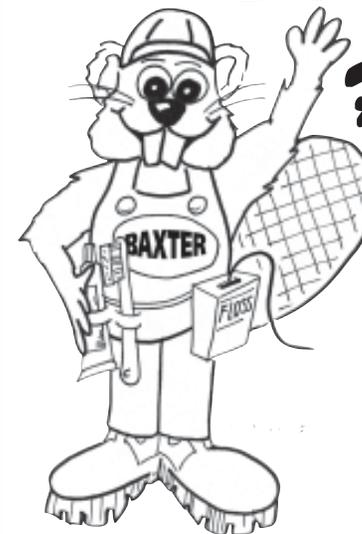
**Apply for No-/Low-Cost
Health Coverage!**

Call us at:

1-800-675-2229



*Good
Dental
Health*



**Guidelines for
you and
your family**