

Baby Teeth Matter! Cavities are fully preventable, and how you care for your child's baby teeth will impact their adult teeth. Start good oral care habits now!

- You can give your child a good start on the road to a healthy mouth. Baby teeth play an important part in helping your child maintain a healthy mouth and body.
- Baby teeth have to last a long time, until your child is around 10 years old.
- Baby teeth are important because they help your child:
  - **Chew**- Eat and digest healthy foods
  - **Talk**- Help your child to speak clearly
  - **Smile**- Feel good about themselves and have a beautiful smile
  - **Grow**-Hold important space for adult teeth to come in
- If baby teeth get cavities and are lost too soon it may cause crowding, cavities in permanent teeth or other serious problems. Follow these steps to help your child keep their baby teeth healthy:
  - Help your child brush his/her teeth 2 times a day using a small amount of toothpaste that contains fluoride.
  - Do not allow your child to fall asleep with a bottle or sippy cup that contains sugary drinks or milk, no matter their age. Use only plain water.
  - Make sure your entire family is eating right. Limit sugary foods and drinks, avoid all day eating habits and make sure to serve and eat foods that are good for your teeth like cheese, apples, and vegetables.
  - We all have bacteria in our mouth that can cause a cavity. Avoid sharing spoons, cups or toothbrushes with your child.
  - Keep your own mouth healthy by brushing and flossing daily- set a good example for your family
  - Make sure your family members all visit the dentist every 6 months. Your child should have their first dental visit no later than age 1.

Health First Colorado (Colorado's Medicaid Program) provides dental benefits for enrolled members. Children enrolled in the full state plan have comprehensive dental benefits, with no co-pays or annual fees. Adults enrolled in the full state plan have an annual dental benefit of \$1,000. If you would like more information about Health First Colorado Dental benefits, or would like help finding a dental care provider near you, please call DentaQuest's toll-free member support line: 1-855-225-1729