

Top 10 Steps

to a healthy

SMILE



Your kids only have one smile, so make sure to follow these tips to keep it bright and healthy!

- 1.** Make regular check-ups for your child every six months. Even babies need to go to the dentist. If your child has Healthy Kids Gold, Medicaid Client Services will work with you until your child has an appointment for dental care.
- 2.** Brush every day to keep cavities away.
- 3.** Brush teeth after each snack and mealtime, and brush and floss before bedtime.
- 4.** Start brushing as soon as your baby's first tooth comes in! Don't ever put your baby to bed with a bottle.
- 5.** Be a good role model—if your kids see you brushing, they'll want to brush too!
- 6.** Choose fruit—apples and bananas instead of sugary snacks to prevent cavities. Give up sippy cups by 15 months.
- 7.** Drink water instead of soda and juice to help keep tooth decay away.
- 8.** Don't share toothbrushes, spoons, cups or food to avoid spreading germs that cause cavities.
- 9.** Make the dentist visit fun for your child— this visit is for a clean, bright smile.
- 10.** Remember, your child only has one smile, so it's important you keep your appointments when you make them!



One smile for life!

**NH
smiles**

DEPARTMENT OF HEALTH & HUMAN SERVICES

If your child has Healthy Kids Gold, MEDICAID CLIENT SERVICES will work with you until your child has a dental appointment. Call 800.852.3345 press 1, then 4344

For help with transportation to appointments. 800.852.3345 press 1, then 3770

For an interpreter to help make an appointment. 800.852.3345 press 1, then 8361

www.nhsmiles.nh.gov