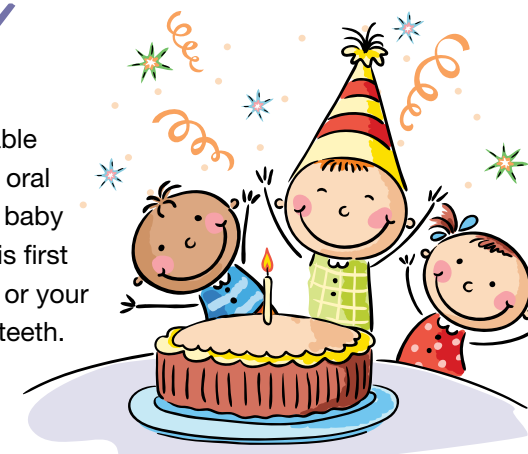


First Oral Health Check-up by First Birthday

Tooth decay is preventable

You know tooth decay is preventable with a healthy diet and good daily oral care. But that is not enough. Your baby also needs an oral screening by his first birthday. Ask your family's dentist or your baby's doctor to check his or her teeth.



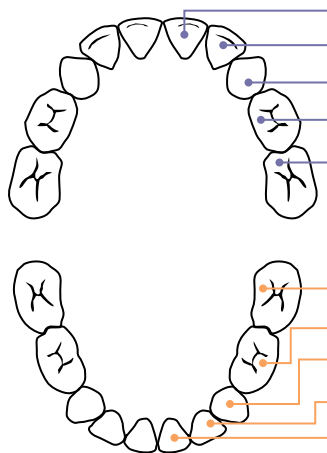
"I see babies every day for well-child visits and talk with parents about ways to keep their babies healthy. Moms are sometimes surprised to hear me talk about the importance of preventing tooth decay at such an early age. Yet, good oral health is critical for a child's overall health."

- Dr. Russell, doctor, Yakima, WA

Keeping Track

When baby teeth start coming in, it's a good idea to track the arrival of each tooth. You can track the arrival of your child's baby teeth using the chart printed on page 36 of this booklet.

Be sure to let your dentist know if you have any concerns about how your child's baby teeth are coming in.



Baby Teeth		
Upper Teeth	Come In	Fall Out
Central Incisor	8 – 12 mos.	6 – 7 years
Lateral Incisor	9 – 13 mos.	7 – 8 years
Canine (cuspid)	16 – 22 mos.	10 – 12 years
First Molar	13 – 19 mos.	9 – 11 years
Second Molar	22 – 33 mos.	10 – 12 years

Baby Teeth		
Lower Teeth	Come In	Fall Out
Second Molar	23 – 31 mos.	10 – 12 years
First Molar	14 – 18 mos.	9 – 11 years
Canine (cuspid)	17 – 23 mos.	9 – 12 years
Lateral Incisor	10 – 16 mos.	7 – 8 years
Central Incisor	6 – 10 mos.	6 – 7 years

What can you expect in an infant oral screening?

- The dentist or doctor will look for signs of early tooth decay and assess whether or not your child is at risk for decay. Early decay can look like white spots — usually along the gums. Brown or black spots may be cavities.
- The provider may have you place your child on your lap, facing you. He or she will then have you lay your child back with your baby's head in the provider's lap. This will allow you to make eye contact with your little one and reassure him during the exam.
- The provider will share tips on caring for your child's baby teeth and healthy snacking.
- During the visit, your child may also get a fluoride varnish application to prevent or reverse early tooth decay.



Fluoride Varnish

If recommended, fluoride varnish can be easily applied to your child's teeth during the oral health check-up at the dentist's office or during a well-child visit at the doctor's office. It can prevent — and even reverse — early decay. The fluoride varnish adheres to the teeth for a day and is then brushed away. The benefits of the fluoride will last for several months.

Getting the most out of the oral health check-up

- Talk about your baby's diet and eating and snacking habits.
- Ask if you are brushing your baby's teeth correctly.
- Share any concerns or questions about your child's oral health. Is he at high risk for tooth decay? What can you do to lessen the risk?
- Discuss whether your child needs fluoride. If your water does not contain fluoride, drops or tablets may be recommended. Your child may also benefit from fluoride varnish.

Need help finding a dentist?

Visit www.DeltaDentalWa.com/BabyTeeth to find information about dental care resources in your community and about signing your child up for dental benefits through Washington Dental Service. Washington Dental Service will pay dentists or doctors for delivering early oral health screenings to enrolled infants and toddlers. More information on accessing dental care is available on page 33 of this brochure.

