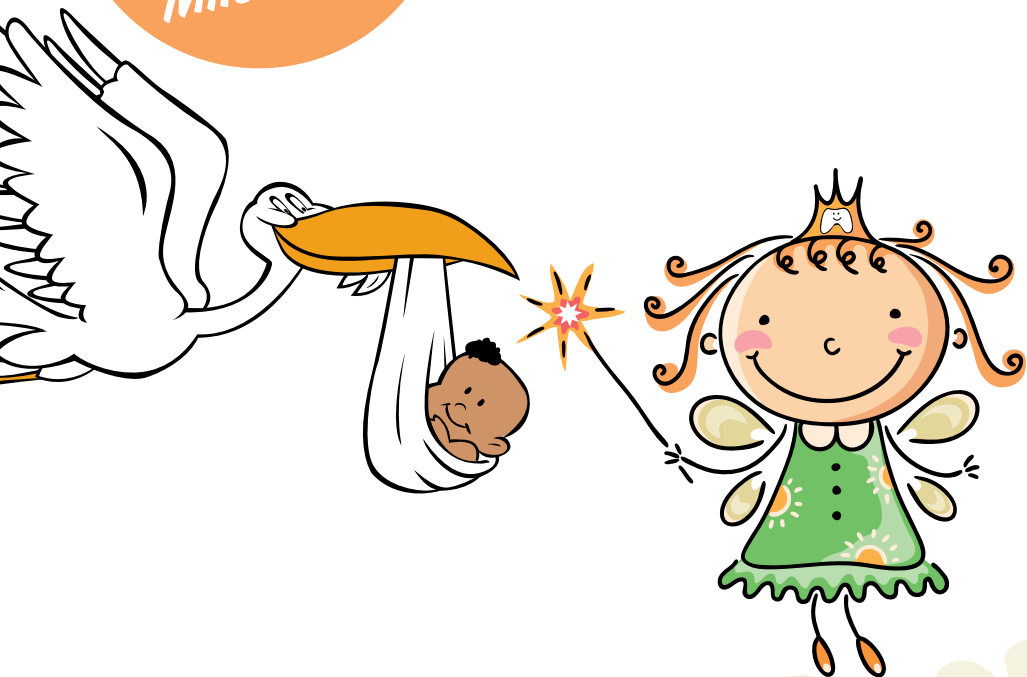


SmileStones

From Stork to Tooth Fairy

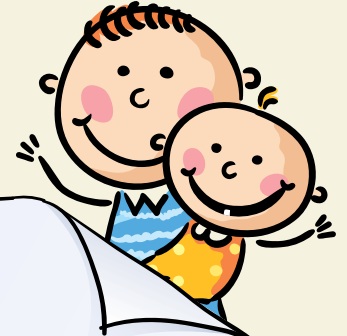
A Guide
to Your Child's
Oral Health
Milestones



Look Inside to Learn:

- How your oral health affects your child's oral health
- Why nutrition matters
- When children should get their first oral screening

A Guide to Your Child's Healthy Smile



*This brochure is
brought to you by:*

 **DELTA DENTAL®**
Washington Dental Service

Washington Dental Service is a member of the Delta Dental Plans Association

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**Washington Dental Service
Foundation**

Community Advocates for Oral Health

Dear Parents and Caregivers,

This booklet is a guide to help promote your child's oral health from infancy through the preschool years.

Here you can learn about how your oral health can impact the oral health of your child; the milestones of your child's oral development; and practical information for preventing and fixing dental problems, and ensuring your child has a healthy mouth. We have also included a helpful chart for recording your child's teething.

Preventing dental disease helps avoid needless pain and saves money. By learning more about oral health, you will be better able to prevent dental disease through good nutrition and eating habits, effective daily oral care and early oral screenings.

Sincerely,

*Washington Dental Service
Washington Dental Service Foundation*

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Dental health is critical to your child's overall health and early learning. Knowing what to expect and how to prevent problems will make a life-long difference to your child.

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Getting Started

Pregnancy Through Year 1

“There were a hundred things to do to get ready for my baby. But since I knew MY oral health impacted my baby, I made it a priority.”

– Dr. Eve, dentist, Snohomish, WA

Being pregnant affects your oral health. As your body changes during pregnancy, you are more likely to get sore, puffy or red gums. Paying attention to your oral health is especially important at this time. The good news is that by taking care of your mouth during pregnancy, you are not only helping yourself, you are also helping your baby.

The Early Stages

Start motherhood with a healthy mouth

While we all have germs in our mouths, dental disease is caused by bad bacteria (germs) that can be easily transmitted from mom to infant through saliva by sharing food or utensils. Receiving dental care during pregnancy is safe and recommended. By getting your own active decay treated prior to the birth of your baby, less bacteria will be transmitted to your baby and your child will be at less risk for developing cavities. Parents who keep their own mouths healthy will help prevent problems for their child.



How do you do it?

- Brush with fluoridated toothpaste twice daily and floss every day.
- Use fluoride rinse before bedtime to help rebuild teeth.
- Chew gum with xylitol (a natural sweetener that reduces the cavity-causing germs in the mouth) four to five times a day, especially after eating.
- Limit sweet and high-carbohydrate snacks, such as soda, candy, crackers and chips. These foods feed the germs that live in the mouth and cause cavities. When you do eat these foods, brush afterwards. If brushing is not possible, rinse your mouth with water.
- Continue to get regular dental care while pregnant. This includes preventive care, along with fillings and emergency dental services as needed. Receiving dental care while pregnant is safe and recommended. Once you have a newborn baby, it will be hard to find the time to get to the dentist, so do it now.
- If you have nausea and vomiting, it is important to reduce the acid in your mouth (it can damage your teeth).
 - ~ Eat small amounts of nutritious snacks during the day.
 - ~ If you vomit, rinse your mouth. Put 1 teaspoon of baking soda in a cup of water and use this to rinse. Be sure to spit after rinsing. Do not brush right after vomiting; this can damage the surface of your teeth.

“Getting in the habit of cleaning Mason’s mouth even before he had teeth made it easier to brush his teeth as they came in.”

—Sarah, Olympia, WA

Taking Care of Baby

First steps to your baby’s oral health

You can start taking care of your baby’s oral health even before your little one’s teeth come in. Cavities can happen as soon as the first tooth pokes through, so it’s important to clean infant teeth and gums regularly.

Get started with cleaning

Before teeth begin to come in, gently clean your baby’s gums with a clean soft cloth after each feeding. This will help your baby get used to having his gums (and later teeth) cleaned. As soon as your baby’s teeth start to come in, you can begin to clean his teeth and gums with a small soft toothbrush and a smear of fluoridated toothpaste — about as big as a grain of rice.

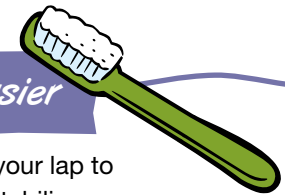
Preventing early decay at bedtime

If you give your baby a bottle or sippy cup at nap time or bedtime, be sure it contains water only. Juice, formula, milk and breast milk can cause tooth decay.



Tips to Make Cleaning Easier

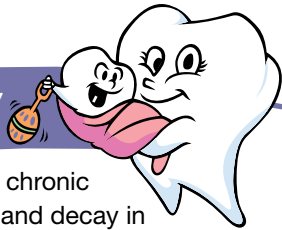
- Try placing your baby’s head in your lap to make it easier to brush. Gently stabilize your baby’s head.
- Lift or lightly press your baby’s lips away from the teeth.
- Use a small soft toothbrush. Brush every surface of your baby’s teeth. Move the brush in tiny circles. You can use a clean damp cloth instead of a brush if you and your baby prefer. Use a smear of fluoridated toothpaste — about as big as a grain of rice.



Protect your baby from the germs that cause tooth decay

Be careful not to put things – food, pacifiers, utensils – in your mouth and then in your baby’s mouth. Many parents “clean” pacifiers by putting them in their mouths and then giving them back to their babies, but cavity-causing germs are easily passed to infants and toddlers this way. Germs can also be shared when parents test food or share utensils with their child. No matter how careful you are, your baby will get some of your germs, so keeping the germs down by taking care of YOUR oral health is important.

Baby Teeth Are Important!



Dental disease is the most common chronic disease of early childhood. Cavities and decay in baby teeth can also spread to permanent teeth, causing painful and costly damage. **BUT YOU CAN PREVENT THIS!** Regular preventive care and a healthy diet can help prevent decay. Also, remember to schedule your child for an oral health screening by her first birthday.

Healthy baby teeth:

- Allow your child to chew and eat properly
- Help your child speak clearly
- Shape your baby’s face
- Guide adult teeth into place

Dental decay in baby teeth affects your child’s overall health.

- Cavities can be painful
- Cavities can interfere with your child’s ability to eat well
- Dental disease can affect your child’s overall health and development

Here Come the Baby Teeth

Preparing for your child’s first tooth

Teething usually starts around 6 months of age, and most children have all 20 of their baby teeth by age 3. Recording baby teeth as they come in is a great way to keep track of your baby’s development. *On page 36 of this booklet you will find a chart that you can use to record your child’s teeth as they come in.*

Signs of teething

- Drooling and fussiness.
- You may be able to feel or even see teeth pushing in under your child’s gums.

Comforting your teething baby

- Offer a cold, firm, safe and clean teething object, like a teething ring or slightly frozen damp washcloth. Rub your child’s gums gently with a clean finger.
- Clean your baby’s teeth and gums with a soft, clean, cool damp cloth if a soft toothbrush is uncomfortable.

“Henry started crying a lot at about 6 months. At first I was worried something was wrong. When I realized it was his teeth coming in, a cold teething ring was all he needed to make us both feel better.”

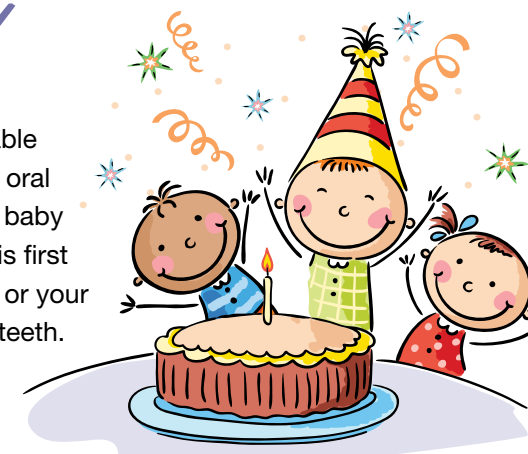
– Sarah, Seattle, WA



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

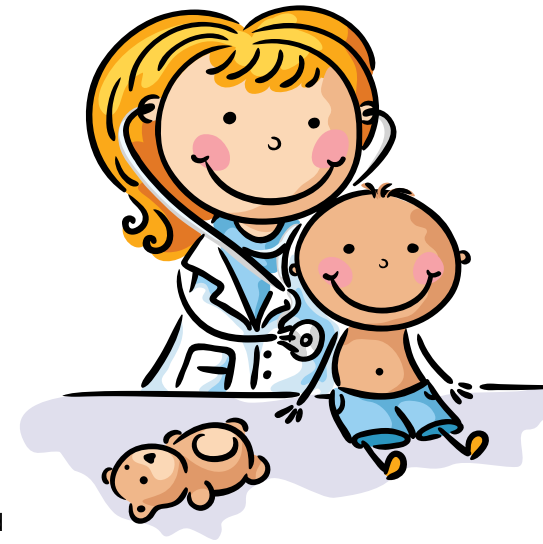
If recommended, fluoride varnish can be easily applied to your child's teeth during the oral health check-up at the dentist's office or during a well-child visit at the doctor's office. It can prevent — and even reverse — early decay. The fluoride varnish adheres to the teeth for a day and is then brushed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



Beyond the Baby Years

Dental Care Basics
for Toddlers and Preschoolers

Healthy teeth are a part of your baby's overall health. Starting your baby or toddler on healthy foods and healthy eating habits is essential. So is daily oral care. Visually checking your baby's teeth is also important. This should be done frequently by you and at least annually by a dentist or doctor trained in infant and toddler oral screening.



"I thought I was giving my child healthy snacks because they weren't 'sugary.' But then I learned that even crackers or fruit snacks can cause cavities, especially when my child munches on them all afternoon."

– Meagan, Walla Walla, WA

Your Toddler's Oral Health

Brushing and flossing

- Brush your child's teeth at least twice a day. Always brush at bedtime.
- Brush soon after your child has a high-carbohydrate, sweet or sticky snack or drink (including juice). If brushing is not possible, rinse his mouth with water.
- Use a small soft toothbrush and a smear (a rice-sized amount) of fluoridated toothpaste.
- Brush for at least two minutes, brushing in tiny circles. Brush every surface of every tooth and the tongue.
- Each family member should have his or her own toothbrush.
- Replace your child's toothbrush every three to four months.
- Get your child involved in the brushing process. It will make things easier when he starts brushing his own teeth.
- Around age 4 or 5, your child will be ready to practice brushing her own teeth. **Children still need your help brushing until they are 8 years old or until they can tie their shoes.**
- When the sides of your child's teeth touch, floss at least once a day to remove small pieces of food stuck between teeth.



Visual check: lift the lip and look

- Keep in tune with your child's mouth. Teeth can change quickly. At least every month, lift your child's lip and take a close look at the teeth and gums.
- Tooth decay often starts along the front or back side of the front teeth or along the gums. The first sign of early decay is a white spot. If you notice white or brown spots on the teeth or see anything unusual, contact your baby's dentist or doctor. He or she may be able to stop and reverse early decay by applying fluoride varnish.



Oral health screenings

Take your child for an oral health check-up at least once a year. Check with your child's doctor to see if early oral screenings can be provided as part of a well-baby check-up. If you need to find a dentist, visit www.DeltaDentalWa.com/BabyTeeth.

Healthy food and good eating habits are key to a healthy mouth. When your child is ready to begin eating solid foods, make healthy choices.

Smart Snacking for Healthy Teeth



Snacking

- Provide healthy snacks such as cheese, fruits and vegetables. Avoid juice, soda, candy and high-carbohydrate snacks such as crackers, sticky fruit rolls and pretzels. These foods feed the germs that can cause cavities.
- When your child has a sweet or high-carbohydrate snack, brush her teeth afterward. If brushing is not possible, rinse her mouth with water.
- Teeth need time to rest and repair themselves. Limit how often your child has juice, sweet drinks and high-carbohydrate snacks. Constant snacking on sticky foods or sipping sweet drinks throughout the day can cause tooth decay.

Bottles and Sippy Cups

- Avoid constant use of a sippy cup, unless it is filled with water.
- If your child uses a bottle at naps or bedtime, fill it with water only.
- Wean your child from a bottle at 12-18 months.

Thumb Sucking and Pacifier Use



Thumb and finger sucking and pacifier use decrease with age. The majority of toddlers discontinue this by the time they are 2-4 years old. If the behavior continues beyond 4 years, there is a risk of an over-bite. Talk to your dentist or your baby's doctor if you have concerns.

"I still have the shiny little teeth I snuck from under my son's pillow 10 years ago. I'm proud to say his permanent teeth are just as healthy."

– Denise, Spokane, WA

Here Comes the Tooth Fairy!

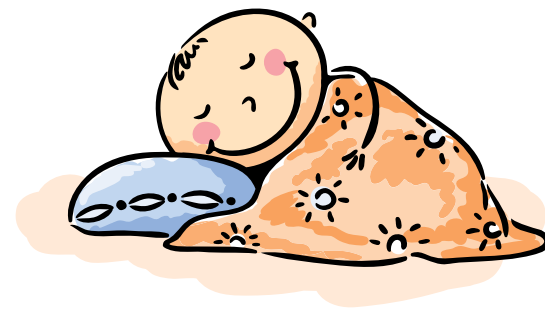
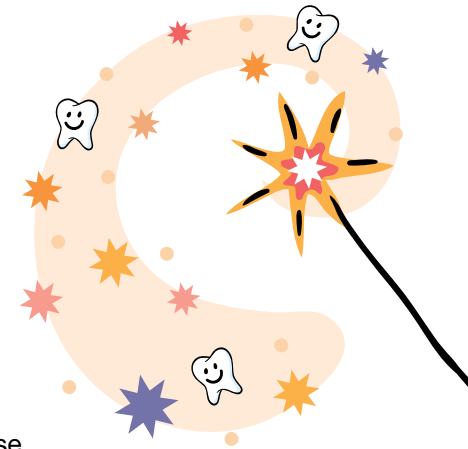
Your baby is growing up!

Losing baby teeth is a major milestone in the life of a child ... and parent. Most children have all their baby teeth — 20 in all — around the age of 3 and begin to lose them around age 6. Children will typically lose their last baby teeth at about age 12.

As the baby teeth go, permanent teeth begin to come in. Healthy baby teeth help guide permanent teeth into place.

Preventing cavities is important

Cavities in baby teeth can quickly spread to permanent teeth — another reason to take care of baby teeth.





Caring for Your Child's Permanent Teeth

Parents still have an important role

As a parent or caregiver, continue to take responsibility for your child's teeth and daily oral care while also teaching your child proper tooth brushing, good nutritional choices and healthy snacking. Get your child involved in developing routines and picking out his or her own toothbrush. Kids love to learn, but remember, YOU are still in charge of their health!

Stay on track with regular oral care

- Track permanent teeth as they come in.
- Continue providing a healthy diet.
- Continue regular tooth brushing. Make sure all surfaces are carefully brushed at least twice a day for two minutes. Use a pea-size amount of fluoridated toothpaste.
- Start flossing if you are not already. When the sides of your child's teeth begin to touch, floss every day using regular floss or a hand-held flosser.

Have your child start brushing

Let your child begin to practice proper tooth brushing. You will still need to help with brushing until your child is about 8 years old. An easy rule to follow is: your child is ready to brush alone when he can tie his shoes on his own.

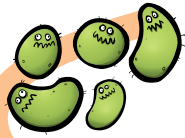
Consider sealants

Talk to your dentist about applying sealants to your child's permanent molars as they come in, usually around 6 and 12 years. Sealants are thin plastic coatings that are simply painted on the chewing surfaces of the back teeth to prevent decay. Sealants help keep cavity-causing germs out of the grooves of the molars, an area that can be difficult to keep clean.

"I can do it!" was my daughter's favorite phrase. And she usually could. But flossing and brushing well can be hard no matter how old you are. So even though she is 7 I still help her and will until she is 10. When she's an adult, she'll thank me for her healthy smile."

– Stacie, Yakima, WA

The Dental Decay Process



We all have germs in our mouths — some good and some bad. The bad germs and bacteria cause cavities.



Germs and bacteria can be spread from parents/ caregivers to infants and toddlers through saliva. (Do not share cups, eating utensils or food, and don't "clean off" pacifiers by putting them in your own mouth first.)



Sweet or high-carbohydrate foods or sweet drinks feed the germs that cause decay.



The germs make acids. The acids cause tooth decay. Tooth decay can be stopped if it is caught early.



Regular brushing with fluoridated toothpaste removes the germs. Fluoride helps stop the cavity-causing acids.



Tooth decay can be stopped if it is caught and treated early.

Putting It All Together

Giving Your Child a Lifetime of Oral Health



Good oral health comes from reducing the things that harm teeth and increasing the things that help teeth. By learning about dental decay, watching out for the things that can harm your child's teeth and doing the things you can to help your child's teeth, you will be giving your child the gift of a healthy smile.

What You Should Know About Germs

Did you know that germs cause cavities?

Germs can be spread to infants and toddlers through saliva. It is very important not to share cups, eating utensils or food with children. Do not "clean off" pacifiers by putting them in your own mouth first.

Sugary foods and drinks feed the germs that cause tooth decay. The germs make acids that cause cavities.

There is good news!

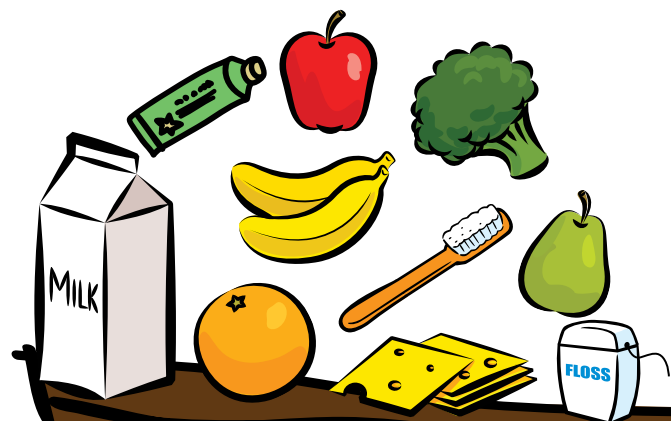
Regular brushing removes the germs. Saliva and fluoride stop the cavity-causing acids. Tooth decay can be stopped and even reversed if it is caught and treated early. See the chart on the next page to learn how to balance the cavity causers with the cavity fighters so you can help your child have a healthy smile.

Balancing Good Oral Health

Cavity Fighters

Good oral health and nutrition will bring your child's oral care into balance.

- Brush teeth with a rice-sized amount of fluoridated toothpaste (pea-sized for older children) twice a day. Always brush before bedtime.
- Brush with a small, soft toothbrush, being sure to clean all tooth surfaces, gums and the tongue.
- When teeth touch, begin to floss your child's teeth.
- Your child may be ready to practice brushing at about age 4 or 5. Children still need your help brushing until they are 8 years old or until they can tie their shoes. Brush and floss your own teeth and have regular dental check-ups, too. You are a role model for your child.



Cavity Causers

- **Frequent snacking on carbohydrates** puts your child more at risk for cavities. Frequent sugary treats and high-carbohydrate snacking is a problem. This includes cookies, crackers and soda. Your child's mouth needs time between snacks to recover.
- **Sharing food or drinks and putting things in your mouth and then your child's mouth** can introduce germs into your baby's mouth.
- **Reduced saliva flow** means a child's mouth cannot fight cavities as well. Saliva helps clean the teeth and blocks the acids that cause cavities. Some medical conditions and medications (such as some asthma and behavior management medicines) can reduce saliva. If your child is on medication for either of these conditions, talk to your doctor or dentist about what you can do to protect her teeth.

Nutrition and Oral Health

Healthy nutrition

- Provide your child and family with healthy meals.
- Offer low-carbohydrate snacks. Good choices include fresh fruits, vegetables, cheese and whole-grain snacks. See the tooth-friendly snack list on page 27.
- When a sugary treat is offered, it is best at mealtime. And, be sure to brush your child's teeth afterward. If brushing is not possible, rinse her mouth with water.

Fluoride

Fluoride can help prevent cavities and can even help heal early tooth decay.

- Find out if your water is fluoridated. If it is not, your child may need to get fluoride from another source, such as fluoride drops or tablets from your dentist or doctor.
- Use fluoridated toothpaste.
- Ask your dentist or doctor about fluoride varnish to protect against cavities. The varnish is "painted" on the child's teeth during a dental check-up or at the doctor's office during a well-child visit.

Regular dental checkups

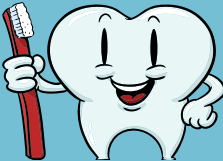

- Have your children's teeth checked by their first birthdays and make regular dental appointments as they grow.
- Quickly get help if you suspect any problems.
- Ask your doctor about any medicines your child takes to see if they could affect saliva and what you can do about it.

What nutrition means to your child's oral health

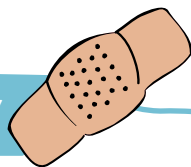
It is the frequency of unhealthy snacking, not just the amount of sugar or carbohydrates in any single snack, that makes snacking harmful. As long as your child has an overall healthy diet, eating sweets just on special occasions is not a problem. If your child sips fruit juices or eats starchy snacks all afternoon, that IS a problem. Teeth need time to rest and recover.

Snack healthy

Learn more about tooth-friendly snacks in the chart below:

 <i>Tooth-friendly Snacks</i>	 <i>Tooth-unfriendly Snacks</i>
<p><i>Fresh fruits and vegetables are tooth friendly snacks. Be sure to choose snacks that are safe for children your child's age.</i></p>	<p><i>If it is very sweet, sticky or high in carbohydrates, it is probably an unfriendly snack. If your child uses a sippy cup, fill it with water only.</i></p>
<ul style="list-style-type: none"> ● Cheese ● Baby carrots ● Apple slices ● Cucumbers ● Nuts ● Yogurt ● Whole grain cereals 	<ul style="list-style-type: none"> ● Cookies ● Candy ● Crackers ● Sticky fruit snacks ● Juice or juice drinks ● Soda ● Sugary cereals
<p>After a tooth-unfriendly snack is eaten, brush your child's teeth. If brushing is not possible, rinse your child's mouth with water.</p> <p>Healthy meals and eating habits are vital to your child's oral health AND overall health.</p>	

Sometimes Accidents Happen!



If a tooth is knocked out:

- If it is a baby tooth, take your child and the tooth to a dentist right away. The tooth cannot be put back in, but the dentist can determine whether any care is needed.
- If it is a permanent tooth, pick up the tooth by its biting end (not the root). Do not wash it or handle it. Gently rinse with milk if available, and place the tooth back in the hole in the gum until you can get to a dentist. If the tooth cannot be put back into the hole, place it in a container of cold milk. Go to a dentist immediately.

If a tooth is broken:

- Save any tooth fragments you can find. Place tooth fragments in a cup of milk or water.
- Rinse the injured tooth and area with warm water to remove any dirt or debris. Place a clean cold compress on the injured area.
- Take your child and the tooth fragments to the dentist immediately.

"When Patrick started playing basketball, one of the first things I bought him was a mouth guard. I figured it would save me a trip to the dentist one day. And it made him look like a 'pro' out on the court."

– Tom, Ridgefield, WA

Protecting Your Child's Mouth



What you should know about safety and injuries

A key part of protecting your child's smile is helping to prevent injuries to her mouth and teeth. Injuries, even to baby teeth, can have a permanent effect on oral health and may contribute to the need for orthodontic care (like braces).

Supervising your child during play, making your home safer, and using mouth guards when she plays sports are all part of your child's essential safety.

Safety at home

- Childproof your home when your child is learning to walk and climb. For example, limit access to stairs.
- Do not let your child run with anything in her mouth (for example, a toy, a pencil, a popsicle or a toothbrush).
- Help prevent falls by teaching your toddler to use climbing toys correctly and to climb down from furniture safely.
- Start the helmet habit by having your child wear one when riding toys.
- Watch your child during play and make sure other caregivers do the same.
- Buckle your child into a proper car seat on every car ride. A minor crash or even a swerve could result in a fall that injures your child's teeth.

Safety when playing sports

Just like a helmet, a mouth guard is important for many sports.

Why? Mouth guards protect the teeth and jaw. When something hits the mouth, the mouth guard absorbs some of the impact, and because it connects all of the parts of the mouth together, the impact is spread out and causes less harm.

Where do you get a mouth guard? Mouth guards can be purchased at a pharmacy or can be custom-made by your dentist.

When should children wear them? If your child participates in sports, ask your dentist if a mouth guard is recommended and, if so, what kind. Some sports are more risky to the teeth and mouth than others.

"I always considered braces to be just cosmetic. But my daughter's crooked teeth made it hard to keep her teeth clean, which caused cavities. Now that she's out of braces, I understand how braces helped her for the rest of her life."

– Jeff, Clinton, WA

Braces and Orthodontia

Does your child have overcrowded teeth?

Overcrowded teeth can be more difficult to care for and can contribute to tooth decay and gum disease. Orthodontic care (such as braces) can help!

Baby teeth can give clues

Even before permanent teeth start to come in, you and your dentist may see clues that your child will need orthodontic care. Baby teeth are a good indication of how a child's permanent teeth will look. If your child's baby teeth are crowded and crooked, this may tell you that braces will be needed down the road.

Factors that may increase the need for orthodontic care:

- Prolonged thumb or finger sucking
- Over-bite or under-bite
- Improper jaw development
- Significant decay in baby teeth (or removal of baby teeth)
- Overcrowded teeth
- Accidental loss of permanent teeth
- Certain medical problems

With regular dental visits, some of these problems can be addressed early or can be avoided. Be sure to ask your child's doctor or dentist if you have concerns. Don't wait until you think it is time for braces.

When orthodontic care starts

Usually, when your child is around 7 or 8 years old, your dentist will be able to determine whether he or she needs orthodontic care and can begin to take care of problems.





Accessing Dental Care

Getting oral health care for your child

Oral health screenings are essential for your child. Your baby should have an oral health check-up by a dentist or doctor by his first birthday — and at least annually. There are many places where you can get oral health care for your child, and you may be able to get help paying for it too! Ask your family's dentist or your baby's doctor to check your baby's teeth.

Many doctors have been trained to provide infant and toddler oral screenings. Ask your baby's doctor if he or she includes oral health services as part of well-child visits.

Finding and paying for dental care

Washington Dental Service: If you are eligible for dental benefits with Washington Dental Service, your child may be eligible for Washington Dental Service benefits. Sign him up at birth or within the first three months thereafter. Just contact your human resources department at work to enroll your baby in your dental benefits plan. If your child is older than 3 months, enroll her at your next open-enrollment period. Washington Dental Service will pay dentists and doctors for delivering early oral care to enrolled infants and toddlers.

For help finding a dentist in your community, visit www.DeltaDentalWa.com/BabyTeeth.



Finding and paying for dental care (*continued*)

Medicaid's Apple Health for Kids: If your child is enrolled in Medicaid's Apple Health for Kids, he or she has dental coverage that includes preventive and restorative care. Medicaid will pay dentists and doctors for delivering early oral care to infants and toddlers.

The Access to Baby and Child Dentistry program (ABCD): links Medicaid-enrolled children from birth to 6 years to local dentists. Most counties in Washington offer ABCD programs. To find out if your community has an ABCD program, visit www.KidsOralHealth.org and click on *Resources*.

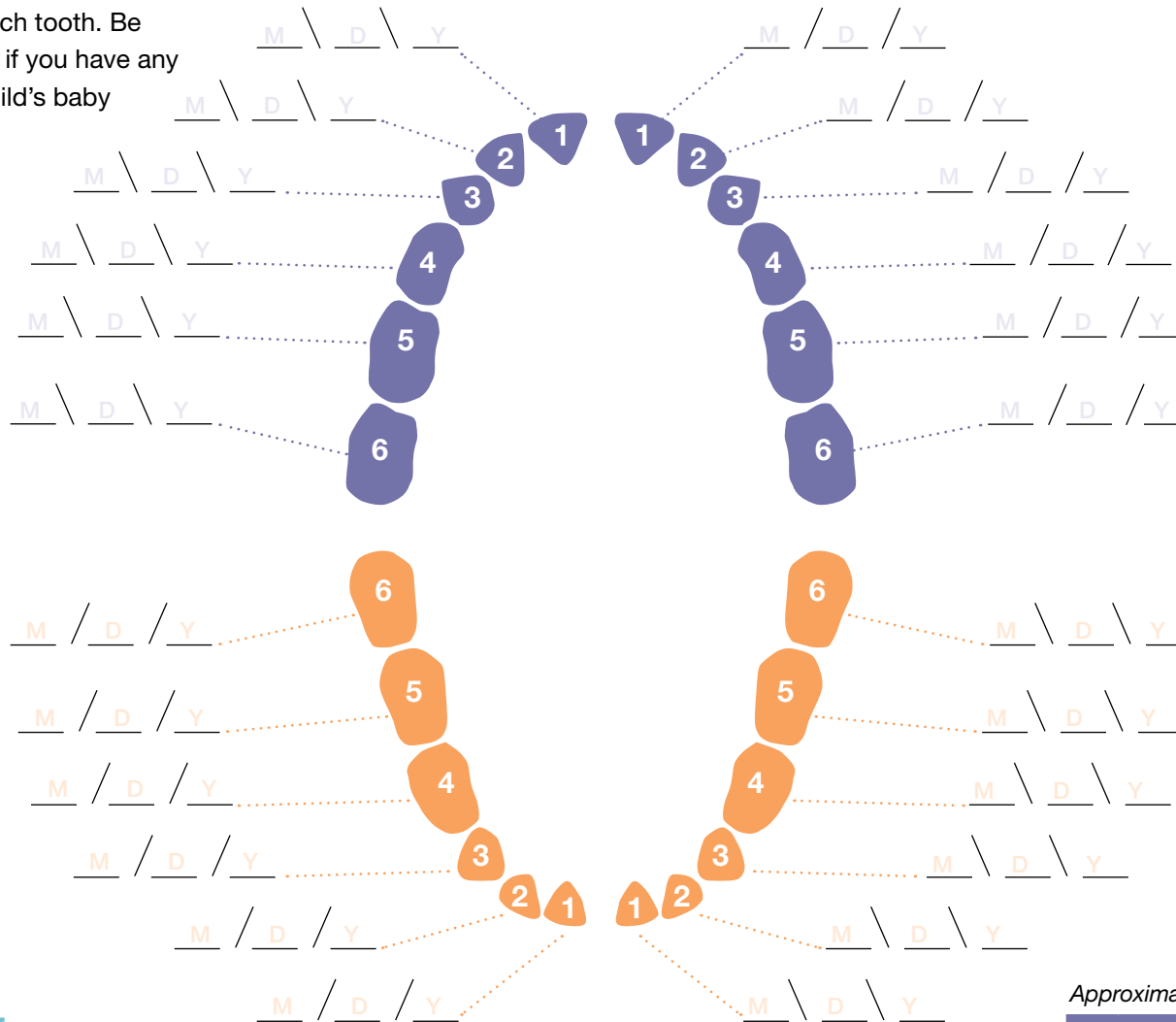
Other Coverage: If your employer offers dental benefits, ask your human resources department if oral health services are covered for your child.

Uninsured/Direct Payment: Many dentists and doctors accept direct payment for delivering oral health services if your child does not have dental benefits. Community health center dental clinics may charge reduced rates, depending on your financial situation.

To find out if there is a community health center dental clinic in your area, visit www.KidsOralHealth.org.

Charting Your Child's Baby Teeth

When baby teeth start coming in, it's a good idea to track the arrival of each tooth. Be sure to let your dentist know if you have any concerns about how your child's baby teeth are coming in.



Tooth Chart

1	Central Incisor
2	Lateral Incisor
3	Cuspid
4	First Molar
5	Second Molar
6	First Permanent Molar

Approximate age when each tooth comes in:

Upper		Lower	
1	8 months	1	6 months
2	9 months	2	7 months
3	18 months	3	16 months
4	14 months	4	12 months
5	24 months	5	20 months
6	6 years	6	6 years



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