

Baby Teeth Need to be Babied

Get your baby's teeth screened by age one for a healthier mouth for life.

Yes, baby teeth fall out, but they play an important role in your child's development. Cavities in baby teeth can spread to adult teeth, so it makes sense to have them checked by a dentist or physician by your child's first birthday.

Baby Teeth Matter

Healthy baby teeth are critical for infants who will soon be eating solid foods and learning to talk. Baby teeth also guide permanent teeth into place. Damage and decay to baby teeth negatively impacts the development, placement and health of permanent teeth. Decay-causing bacteria on baby teeth spread to permanent teeth, and this can lead to costly dental treatments for your child.

Tips for good oral health

When your child starts teething, brush your child's teeth twice a day with an infant toothbrush, using a light smear of fluoridated toothpaste. When neighboring teeth begin to touch, gently floss between the teeth.

Avoid giving your child sugary drinks like juice or soda, especially before or at nap time. If your child uses a bottle to fall asleep, fill it with water only. When he or she is ready to begin eating solid foods, provide healthy snacks such as cheese, fruits and vegetables. Teeth need time to rest and repair, so limit how often your child has sweets or sticky foods. Encourage your child to drink and swish water after snacks and meals to help clean teeth. Lift your child's lip and look for white or brown spots, often along the gum line, that are signs of early decay.

Check your coverage and enroll your child today

Sign your child up for dental coverage at birth to ensure dental benefits are available in time for early screenings. Washington Dental Service will pay dentists and physicians for delivering early oral health care to enrolled infants and toddlers.

Visit us online at DeltaDentalWa.com/babyteeth for a complete guide on how to care for your child's oral health.



Prevention is Key

With good nutrition, proper dental care at home and regularly scheduled oral health screenings, you can ensure your child has a healthy and happy smile that will last a lifetime!

- Many parents don't realize their child has dental decay until serious damage has already occurred.
- Untreated dental disease in children causes needless pain and suffering and interferes with early learning.
- Sign your child up for dental benefits at birth to ensure dental benefits are available in time for early screenings.
- Schedule your child for his or her first dental exam by a dentist or physician by the first birthday.

