



Brush your child's teeth until they are 7 or 8, then she or he should be able to brush well on their own, only needing you to spot check their work.

Two for two is easy to do!

Brushing teeth for two minutes, twice a day can help spare your child from the pain of tooth decay. It's also best for him or her to floss at least once a day.

Here are four more simple tips:

- It is most important to brush at bedtime. There should be no drinking or snacking afterwards, except for water!
- Buy your child a child-sized toothbrush. Replace it every three (3) months (sooner if the bristles get worn).
- Don't use too much toothpaste. For children younger than 3, use a fluoride toothpaste about the size of a grain of rice. For children 3-6, a pea-sized amount is plenty. Older children should use only a *little* more.
- **Remember:** children should always spit out the toothpaste. It is not good to swallow it.

Help make dental care fun!

Getting kids to brush can be hard sometimes. It doesn't have to be. Check out these helpful ways to make brushing and dental care something to look forward to!

- Let kids pick their own fun toothbrushes or special toothpaste (it comes in many flavors).
- Sing a song or dance around to help brushing and flossing fly by.
- Track brushing and flossing on a chart using colorful markers or stickers. Reward them with healthy snacks.
- Let children take a special doll or stuffed animal with them to the dentist. It may help keep them calm and have a better visit.

Brush up on the facts about children's dental health

- *How long should my child brush?*
- *How much toothpaste is best?*
- *What dental benefits does my child have with SoonerCare?*

"Tooth decay is the most common chronic infection in children in the United States. It's also preventable."



SoonerCare dental for children

SoonerCare covers important dental services for children, such as:

- Full exams
- Teeth cleanings
- Fillings for cavities
- Fluoride
- Dental sealants
- And more!



We hope you have a family dentist. If not, get one. You should talk about plans for your child's first dental visit. Children should go for their first dental visit soon after their first tooth comes in or by their first birthday. They should then get a dental checkup every six (6) months thereafter.

The sooner your child gets used to someone checking their mouth and teeth, the better patient he or she will become ...

At SoonerCare, the dental health of our kids is a priority.
Visit us online at www.okhca.org/dental.



Children should have their first dental checkup no later than their first birthday.

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