

# Your toothbrush is a magic wand

Your dental benefits include annual cleanings, X-rays, fillings and more!

## How does a tooth get a cavity?



Plaque plus sugar leads to acid



Acid plus healthy teeth leads to decay

**Tooth decay is caused by bacteria in your mouth.** These bacteria produce acid. The acid removes important minerals from the outer protective layer (enamel) of a tooth, causing a cavity. Frequent snacking — especially sugary snacks — or sugary drinks like soda and juice can lead to more of these acids.

## Need help finding a dentist?

You can find a link to your dental plan's provider directory on our website. **Your dental plan is listed on the back of your Member ID card.** To learn more about children's dental health, visit [careoregon.org/members/dental-health](https://careoregon.org/members/dental-health)

If you need help, a ride or an interpreter, call CareOregon Customer Service at 503-416-4100, toll-free 800-224-4840 or TTY 711.

You can get this in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 800-224-4840 or TTY 711. We accept relay calls.

## Keep kids healthy with good oral health



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# Healthy teeth are part of a healthy body!

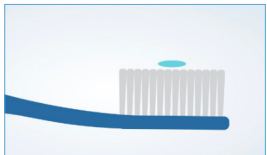
No matter their age, you can help promote good oral health.



## Practice healthy habits from the start

### Newborns and toddlers:

1. Use a soft cloth to clean baby's gums and mouth.
2. To avoid tooth decay, switch from bottles to cups for drinking milk or water at 12 months of age or earlier.
3. Complete an oral health check-up after baby's first tooth comes in or by their first birthday.
4. Brush with a **rice-sized amount** of fluoride toothpaste twice a day for kids under 3 years old.



## As your child grows

### Children:

1. Support children with their brushing and flossing until they're at least 8 years old.
2. Brush with a **pea-sized amount** of fluoride toothpaste twice a day for kids over age 3.



3. Limit sugary, cavity-causing drinks, like juice, soda or sports and energy drinks to mealtimes, or drink water or brush after having them.
4. Eat healthy snacks between meals, like fruit or vegetables with hummus or nut butters and healthy dairy options like sliced or string cheese and yogurt.



## Protect their smiles for years to come

### Older children and teens:

1. If your child plays sports, protect their teeth by having them use a mouthguard.
2. Be careful with mouth piercings since they can cause infections, chips or broken teeth.
3. Know the effects tobacco and vaping can have on oral health — including gum disease, tooth loss and oral cancer — and discuss these with your kids.
4. Talk to your child's provider about the HPV vaccine. HPV causes cancer in the back of the mouth and throat.

Schedule a dental checkup at least once a year!