

# Brush Up On Children's Dental Health

Teaching children about good oral health will encourage healthy teeth and gums for a lifetime.



## 24%

of children age 1-2 had a preventive dental visit through Medicaid



If children begin dental visits by age one, it saves the family money and improves the child's overall health.

**Tip:**

Children should have their first dental visit by age 1.



A sealant is a thin, protective coating that sticks to the chewing surface of permanent molars and prevents cavities.

**Tip:**

Ask the dentist about dental sealants for children. Dental sealants can prevent 50% of cavities for 4 years.



## 52%

of third graders have dental sealants



## 47%

of third graders have experienced tooth decay



Tooth decay is the most common chronic disease of childhood. It's 5 times more prevalent than asthma.

**Tip:**

Children should brush their teeth twice a day with a pea-size amount of fluoride toothpaste and floss once a day.



Urgent dental needs include, pain, infection, swelling, or excessive bleeding.

**Tip:**

Children should get to a dentist immediately if they have urgent dental needs. If a dentist is not available they should be taken to the emergency room.



## 14%

of third graders needed early or urgent dental care

## Keep Your Child's Teeth Flossome!



### 1

Begin wiping baby's gums with a soft cloth a few days after birth.



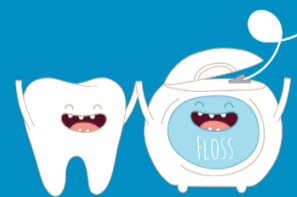
### 3

Don't share utensils or clean pacifiers with your mouth- it shares bacteria.



### 2

Make morning dental appointments. Children are more rested and cooperative before noon.



### 4

When a child has two teeth that touch, begin flossing everyday.

Virginia data from Virginia Statewide Basic Screening Survey of Third Grade Children, 2014-2015