

Dental Care for YOUR INFANT



When Should I Start Taking My Baby to the Dentist?

- A visit to the dentist should be done within six months after the first tooth comes in and no later than the first birthday.
- A dental visit at an early age is a “well-baby checkup” for the teeth.



- Besides checking for tooth decay and other problems, the dentist can show you how to clean your child's teeth and discuss healthy drink and snack choices.



Knee-to-knee

- You and the dentist sit on chairs facing each other
- Your child sits on your lap, facing you.
- You then lay your child back with his or her head in the dentist's lap

Baby Bottle Tooth Decay

- Your child's baby teeth are important, and can still get cavities!
- Don't share spoons, cups or toothbrushes with your baby! Adults can have bacteria in their mouths that can cause cavities in baby teeth.
- If you put your baby to bed with a bottle, fill it with water only.
- Milk, formula, juices, soda and breast milk all have sugar in them that can cause cavities.



How to Care for Your Baby's Teeth

- It's important to care for your baby's teeth from the start.
- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth.
- As soon as teeth appear, decay can occur.



- Begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice.
- Brush teeth thoroughly twice per day (morning and night)
- When your child has two teeth that touch, you should begin flossing their teeth daily.



If you need help finding a dentist in your area please call:

855-CT-DENTAL (855-283-3682)

Monday-Friday, 8 am – 5 pm

Hearing impaired clients, please dial **711** for Relay Connecticut assistance

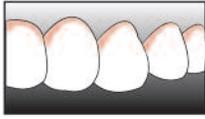
A friendly, live person will be happy to help you! We will help you locate a dentist near you, help with transportation and appointment scheduling.

Connecticut Dental Health Partnership is the program that provides dental care for Connecticut residents on state HUSKY Health/Medicaid.



For more information, visit www.ctdhp.com





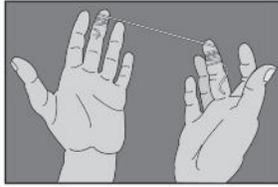
Plaque likes to grow between your teeth and under your gums. Plaque causes dental problems.

How to use Dental Floss

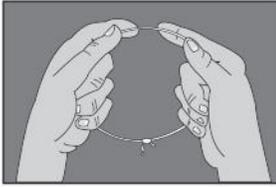


Dental floss removes the plaque growing between your teeth and under your gums.

How to Hold Dental Floss



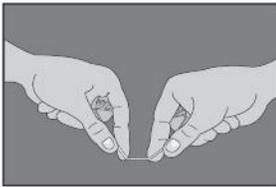
Wrap about two feet of floss around the middle fingers of each hand, or...



...make a loop by tying the ends together.

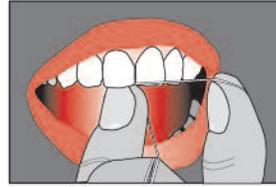


Use your thumb and index finger to guide the floss between your upper teeth.

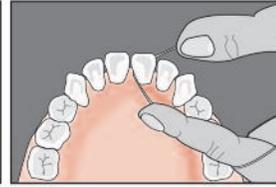


To clean the lower teeth, slip the floss down with your index fingers.

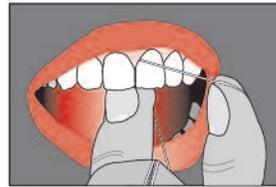
How to Floss Your Teeth



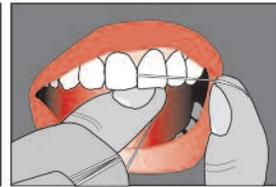
1. Work the floss gently between your teeth.



2. Bend the floss around the tooth in a U-shape.



3. Pull the floss against the tooth. Move the floss gently under the gum until you feel the pressure.



4. Hold the floss firmly against your tooth and scrape the plaque from the side of your tooth in one pull.

Be sure to floss both sides of each tooth. Move to a clean area of floss after every 2 or 3 teeth.



Brush carefully for 3 to 5 minutes to remove plaque and food particles to keep your teeth and gums healthy.

How to Brush Your Teeth



A smear of toothpaste is all you need to keep your teeth and gums clean and healthy.

1.

Place the bristles at a 45 degree angle to the teeth. Slide the tips of the brush bristles under the gums.



2.

Jiggle the bristles gently in small circles so that any plaque under the gum will be removed.



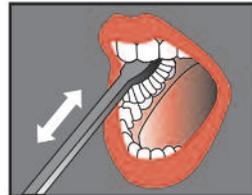
3.

Be sure to brush both the outside and the tongue side of your teeth.



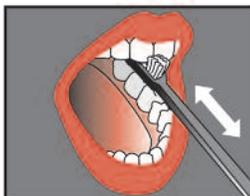
4.

Brush the chewing surfaces of your teeth with a back and forth motion.



5.

Brush the tongue side of your front teeth with the end of the brush, cleaning one tooth at a time.



6.

Brush your tongue to remove germs and to make your breath fresh.

