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## DEPARTMENT OF ECONOMIC SECURITY



# Dental Care

# Ages Birth-21



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*Your Partner For A Stronger Arizona*

DDD-1698APAMNA (4-15)

**DIVISION OF DEVELOPMENTAL  
DISABILITIES**

[www.azdes.gov/ddd](http://www.azdes.gov/ddd)

## Visits to the dentist

A pediatric dentist is preferable.

Schedule a dental visit within six months of your child getting the first tooth or at one year of age, whichever comes first.

Schedule preventive dental visits every six months after the first visit or whenever you are experiencing pain in your mouth.

Schedule another visit for fluoride varnish (usually 3-4 times) **before leaving the dental office.**

Try to schedule your dental visits on the same day as your well-child visits.

**Talk to your dentist** about dental sealants to help prevent teeth from decay and fluoride varnish to help prevent new cavities and to help stop cavities that have already started.

Dental care starts good oral health habits for a lifetime.

## Oral health for babies

Start cleaning your baby's first tooth by wiping with a clean, damp cloth.

Use a small soft toothbrush as more teeth come in. Only use toothpaste without fluoride.

To help your baby's teeth:

- Keep bottle out of bed.
- Do not allow your child to walk around with a bottle in their mouth.
- Do not share pacifiers, spoons, cups.

Discuss with your doctor the amount of water your baby needs.

Parents help children to grow up with good, strong teeth.

## Oral Health for ages 2 - 21

- Brush teeth twice a day.
- Begin flossing as recommended by your dentist.
- Watch your child brush their teeth once they are able to handle the toothbrush to make sure your child is doing a thorough job.
- Begin using toothpaste with fluoride.
- Drink water with fluoride. If water is not fluorinated, talk to the doctor or dentist about the best way to protect teeth.

## Benefits of good dental care

- Positive impact on overall health.
- Can boost your child's self-esteem and confidence when smiling.
- Poor oral health has been linked to other health problems.