



BABY TEETH MATTER!

Cavities are preventable, and how you care for your child's baby teeth will impact their adult teeth.

START GOOD ORAL CARE HABITS NOW!

Baby teeth play an important role in your child's health because they help your child:

- **Chew** – Eat and digest healthy foods
- **Talk** – Help your child to speak clearly
- **Smile** – Feel good about themselves and have a beautiful smile
- **Grow** – Hold important space for adult teeth to come in and to avoid crowding

Losing baby teeth too soon can cause serious problems. Follow these steps to help your child keep their baby teeth healthy:

- Help your child brush his/her teeth 2 times a day with fluoride toothpaste.
- Never put your child to bed with a bottle or sippy cup.
- Avoid sharing spoons, cups or toothbrushes with your child.
- Limit sugary drinks and avoid sweet and sticky foods.
- Take your child to their first dental visit by age 1.

Your dental provider is a big part of your healthcare team! It's important to have a dental home with a dental provider that you like, trust, and see regularly for care.

If you would like dental benefit information or would like help connecting with a dental home, call DentaQuest's toll free member support lines:

Health First Colorado: 1-855-225-1729,
TTY: 711 CHP+; 1-888-307-6561, TTY: 711

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