



If you have questions about your dental benefits, please call DentaQuest member services at 1-888-912-3456. You can also visit us at DentaQuest.com/Virginia or use your phone to scan the QR code for more information.



A QUICK GUIDE TO YOUR CHILD'S ORAL HEALTH



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YOUR YOUNG CHILD'S DENTAL HEALTH IS IMPORTANT

At DentaQuest, we know it's important to have good dental health at an early age. That is why we put together this guide for you.

0-6 Months

Your baby will get their first tooth around 6 months old. Now is the time to start good dental habits at home.

- Use a clean washcloth with a little water to gently wipe your baby's gums.
- When your baby starts to get teeth, start brushing twice a day. Use a rice size smear of fluoride toothpaste.
- Do not put your baby to bed with a bottle. This can cause tooth decay.
- When your baby gets their first tooth, make an appointment for their first dental visit.

7-11 Months

During this time your baby will keep getting upper and lower front teeth.

- Do not give your baby sugary drinks including fruit juice, unless your baby's doctor tells you to.
- Germs that cause tooth decay can be passed from you to your baby. When you eat, do not share the same spoon or cup.
- Tooth decay can happen as soon as teeth start to show. Teeth should be all one color and without dark spots.

1-2 Years

Back teeth will start to show during this time. As your baby eats more food, feed them from the five major food groups:

- Breads and cereals containing whole grains
- Fruits
- Vegetables including beans
- Lean meats like turkey, chicken, and fish
- Milk, cheese, and yogurt

To lower your baby's risk of tooth decay, give them water to drink in between meals instead of milk or juice.

Healthy baby teeth are important!

Baby teeth:

- Hold space in a child's mouth as they grow.
- Help children eat and speak.
- Help give them a beautiful, pain-free smile.

Your Baby's First Dental Visit

Your baby should have a first dental visit no later than one year old. During a first dental visit, the dental provider will ask about family dental and health history. They will want to know about food choices and tooth brushing habits. Next they may check your baby's teeth and brush on fluoride. This is a good time to ask any questions you may have. Your dental provider can offer tips on teething, thumb sucking, and dental home care.