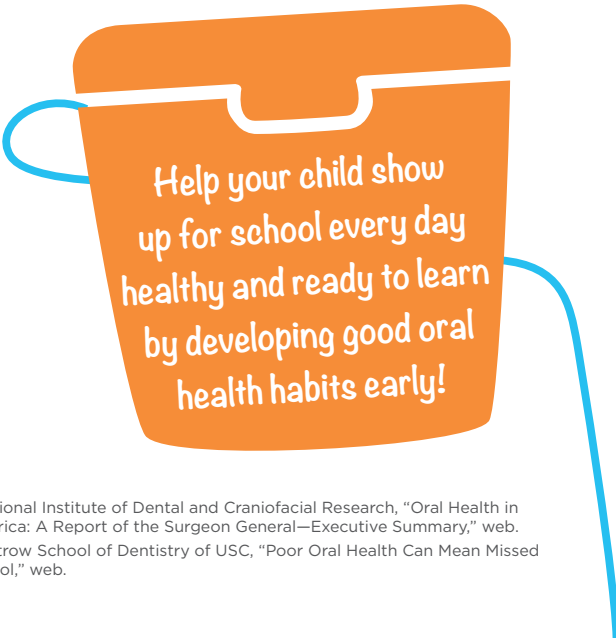



Oral health and school success are connected

- Tooth decay is the most common chronic childhood disease.
- Kids miss 51 million hours of school every year due to oral health problems (most of which could have been prevented).
- When kids are absent from school because of dental problems, they may have a harder time learning to read and may get lower grades than kids with healthy teeth.
- Kids with dental problems may have more trouble smiling, speaking, sleeping and learning at school.



Help your child show up for school every day healthy and ready to learn by developing good oral health habits early!

1 National Institute of Dental and Craniofacial Research, "Oral Health in America: A Report of the Surgeon General—Executive Summary," web.
2 Ostrow School of Dentistry of USC, "Poor Oral Health Can Mean Missed School," web.



It's important to find a dentist who makes your whole family feel comfortable. To find a dentist in your area, check out these websites:

Michigan Department of Health and Human Services*
Find free or low cost care from a dentist.
<http://bit.ly/2bYnTW2>

Delta Dental of Michigan's online dentist search tool
www.deltadentalmi.com/findadentist

State of Michigan's Oral Health Directory*
www.michigan.gov/documents/mdch/oral_health_directory_302799_7.pdf

If your children have Medicaid and are under the age of 21, they have Healthy Kids Dental (HKD). To learn more about this program, visit www.HealthyKidsDental.org.

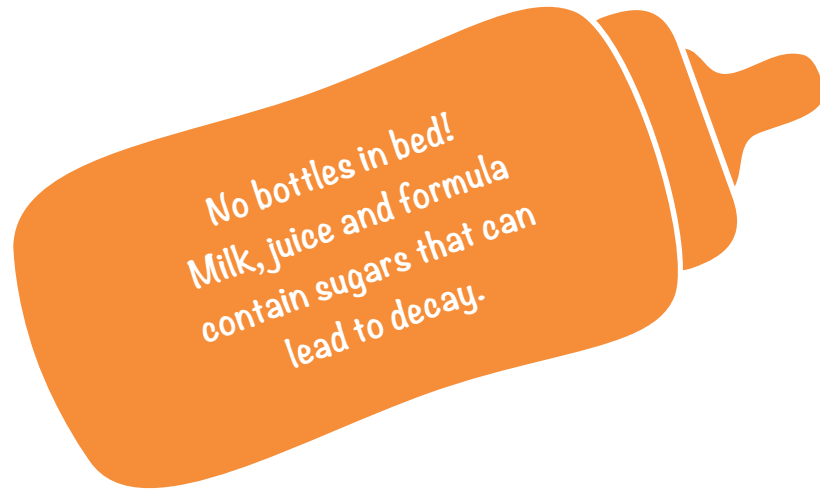
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FROM DROOL TO SCHOOL



Tips for caring for your child's oral health from the drool years through the school years.

Newborns and infants



- **Keep baby's gums clean and healthy**—gently wipe gums with a damp washcloth after each feeding to keep baby's mouth clean and healthy.
- **Stop the spread of germs and cavity-causing bacteria**—do not share cups, silverware, etc., with your baby.
- **Teething can cause sore gums**—try offering your baby something cool like a cold teething ring or wet washcloth to ease soreness.
- **Visit the dentist early**—babies should have a first dental checkup when their first tooth comes in, but no later than their first birthday.

Toddlers and preschoolers

- **Toothbrushing is important**—brush twice a day as soon as baby has teeth. Use a smear (the size of a grain of rice) of fluoridated toothpaste until your child is 3. Then increase toothpaste to the size of a pea. Use a soft child's toothbrush, and replace toothbrushes every three to four months.
- **Visit the dentist regularly**—your child should visit the dentist at least once a year for a checkup.
- **Sucking can become a bad habit**—wean your child off the bottle at around 12 to 18 months, and encourage an end to thumb sucking and pacifier use before age 3.
- **Sip all day, and the teeth will pay**—don't let your child carry around or nap with a sippy cup that contains juice, milk or other sweetened drinks, as it may lead to cavities.



- **Drink tap water**—because most bottled water does not contain fluoride, it's better to drink tap water. Drinking fluoridated water is a great way to fight tooth decay and cavities.

Elementary-aged children

- **A healthy school lunch is important**—be sure to pack fruits, veggies and protein such as peanut butter, cheese, turkey or roast beef. Avoid juice, sports drinks or soda pop—water and milk are best.
- **Protect teeth**—kids who play sports should wear mouthguards.
- **Sealants are a great way to prevent cavities**—ask your dentist about them when you visit.
- **Get ready for the Tooth Fairy**—kids usually lose their baby teeth between the ages of 6 and 12.
- **Stop the spread of germs**—don't share toothbrushes, toothpaste or bathroom drinking cups, and wash hands before brushing.
- **Keep your dentist's phone number handy**—dental emergencies are very common among active kids.

