Think Teeth
Every Step of The Way

Give your baby healthy teeth from the start.

It’s easy!

• Gently brush baby’s teeth twice a day. Use a tiny amount of fluoride toothpaste.
• Take your baby to the dentist by her first birthday. Continue regular check-ups as recommended.
• Tooth decay is caused by bacteria. Your baby can “catch” the bacteria from you.
  • Keep your mouth healthy.
  • Don’t share cups or spoons.
• Put only water, milk or formula in bottles or sippy cups.
• Don’t put your baby to bed with a bottle or sippy cup.
• Limit sweet snacks and sugary drinks, including juice.

Medicaid and CHIP cover children’s dental services, such as teeth cleanings, check-ups, x-rays, fluoride, dental sealants and fillings. Your child could be eligible!

To enroll your child or find a dentist, call 1-877-KIDS-NOW or visit InsureKidsNow.gov.

For more information about new, affordable health insurance options for the whole family through the Health Insurance Marketplace, visit HealthCare.gov.