Does your child have an Advantage Dental Dentist?

If your child is enrolled in Advantage Dental, then they have a dentist. To find out who their dentist is, or if you are having difficulty getting a dental appointment, call:

Member Services

866-268-9631
Cavities Can Be Prevented

Many people think all kids will get cavities, but new science tells us that this does not have to be the case. Cavities are caused by a bacterial infection. The bacteria feed on sugars inside the mouth and make an acid that attacks the teeth. If left untreated, the damage gets so bad the weakened teeth break apart leaving holes called cavities.

Babies are not born with the bacteria that cause cavities. Babies get the bacteria from their caregivers who are infected. When caregivers are in poor dental health, they have high amounts of the bacteria in their mouths. The bacteria are in the saliva and can be passed easily to the baby by sharing spoons or playing games where the baby puts his hands in the caregiver’s mouth.

Teeth are most at risk from harm of infection when they are just coming in.

Steps to Success

You can help protect your child’s teeth by limiting sugary drinks and foods that feed the bacteria, and by brushing your child’s teeth to keep them strong and clean.

- **Don’t Share Germs.** Don’t let adults or other children share spoons, straws, toothbrushes or take small bites of food to give your baby. Sharing things that have been in someone else’s mouth can pass bacteria to your baby.

- **Take Care of Your Teeth.** Dental visits and regular brushing with fluoride toothpaste can keep you healthy. Children like to copy Mom and Dad, so be a good model for tooth brushing.

- **Start Brushing Your Child’s Teeth with the Very First Tooth.** Brush your infant’s teeth twice a day after meals. Use a small, soft toothbrush and a “smear” of fluoride toothpaste. When your child is two (2) years or older, use a “pea” size amount of fluoride toothpaste, (see photos below).

- **Rinsing is not necessary—just have your child spit out the toothpaste when you finish brushing. Don’t let your child play with or eat toothpaste.**

- **Don’t Feed the Germs that Cause Decay.** Give your child water throughout the day and at bedtime instead of juice or other sugary drinks. This gives the teeth a chance to get stronger.

- **Bring Your Child to the Dentist for Dental Care to Prevent Tooth Decay.** Dentists don’t just fix teeth. They can help prevent tooth decay. Take your child to a dentist when you see the first tooth or by your child’s first birthday. The dentist will check to see if the teeth are growing normally and give your child treatments to help protect the teeth.

www.AdvantageDentalServices.com

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Under 2 years = Smear
2 years and older = Pea sized