



# GETTING COVERED

All children, regardless of immigration status, can sign up for Medi-Cal coverage if their family meets income requirements.



Dental care is included with your child's Medi-Cal or Covered California.

Many more services are covered including regular check-ups, sealants, fillings, and emergency services.

Parents, single adults, and pregnant women may also be eligible for dental benefits through Medi-Cal or Covered California.



### LEARN MORE:

Medi-Cal or Covered California  
1-800-300-1506

Medi-Cal Dental Coverage  
(also known as Denti-Cal)  
1-800-322-6384



For more information visit [bit.ly/OralHealth4Kids](http://bit.ly/OralHealth4Kids)



LET'S TALK:  
**ORAL HEALTH  
FOR KIDS**

# WHY ORAL HEALTH MATTERS



Oral health problems can make it **hard for children to concentrate** in school, leading to low grades or even missed school days.



Taking care of your child's mouth and teeth will help them become a **healthy adult**.



Poor oral health leads to **tooth decay**, causing pain, infection, and tooth loss.



The **pain and discomfort** of tooth decay make it hard for children to eat and sleep well.



Gum disease affects a child's blood sugar level and contributes to **diabetes**.

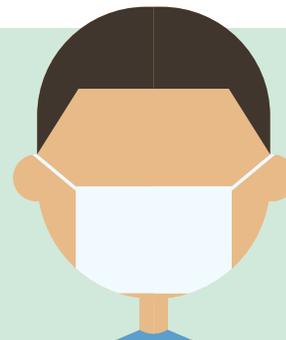
# YOU CAN HELP PREVENT TOOTH DECAY!

## MAKE SURE YOUR CHILD:



BRUSHES HIS OR HER TEETH FOR **2 MINUTES, 2 TIMES A DAY**

VISITS THE DENTIST **TWICE A YEAR**



## DID YOU KNOW?

Tooth decay is the most common children's chronic disease in the U.S.

And Black, Latino, and American Indian/Alaska-Native children are much more likely to suffer from tooth decay and gum disease than White children.

## START EARLY



**Clean your baby's gums** by gently wiping them with a soft clean cloth. Visit the dentist once their first tooth appears or by their **first birthday** – whichever comes first.

## BEYOND BRUSHING



Once your child has at least two teeth next to one another, teach the basics of **flossing**.

Children usually need help flossing until they are **8-10 years old**.

Choose a toothpaste for your child that contains **fluoride**, a naturally occurring mineral that helps protect and strengthen teeth.

## MAKE HEALTHY CHOICES



What your child eats and drinks affects their **oral health**.

Sugar contributes to **tooth decay** and about half of children's sugar intake comes from **juice and soda**.

**Choosing water or milk** instead of sugary drinks like juice and soda can help keep your child's mouth healthy. If you do give your child juice, try mixing it with water so it is half juice and half water.