







Check list for a healthy smile at any age!

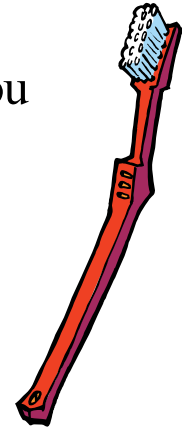
-  Make regular dental check-ups for the whole family. Don't wait until it hurts — dental problems can be prevented. Tooth decay is an infection that can affect your general health.
-  Brush and floss teeth daily to remove food and germs.
-  Have dental sealants placed on permanent molar teeth soon after they come in — usually around 6 years and 12 years.
-  Use fluoride toothpaste but only a pea-sized drop for young children. Toothpaste should not be swallowed.
-  Eat healthy foods and snacks.
-  Don't put a baby to bed with a bottle.

Don't Wait Until It Hurts —

Your child needs
healthy teeth to
eat, talk and smile!!



Here's how you
can help...



Jennifer Granholm, Governor
Janet Olszewski, Director



MDCH is an Equal Opportunity Employer, Services and Programs Provider.
700,000 printed at 3.9 cents each with a total cost of \$27,587



Regular dental visits — examinations, cleanings, fluoride treatments, dental sealants, and fillings — are important to keep teeth healthy.

If your child has Healthy Kids or MICHild health coverage, these services will be paid for. Call your local health department if you need help getting an appointment with a dentist.

Call today to make an appointment for a dental check up —

Don't wait until it hurts!

Mark your calendar with the appointment day and time.

Keep the dentist's name, address and phone number handy.

If you need a ride, make the arrangements now.

If you are in Healthy Kids and need help in getting a ride to and from your dental appointment, contact your local Family Independence Agency.



Arrange for a babysitter for the other children.





Don't be a no show — If you must change to a different day or time, call the dentist's office as soon as possible. Valuable time has been set aside for your child.

Arrive on time!

Talk to your child about the dental visit in a positive way — it will make it more enjoyable. The office staff will explain what they are doing and will help prepare your child to be a good dental patient for a lifetime.

Make your next appointments before you leave the dental office.

Daily dental care for healthy teeth:

-  Brush teeth twice each day.
-  Supervise young children and use only a pea-sized drop of fluoride toothpaste so they do not swallow it.
-  Use dental floss to clean between the teeth.
-  Eat healthy foods and snacks.

