

Oral Health for Children

Regular dental care when your children are young helps establish good oral health care as they grow. You should observe your child's brushing habits while they are young—make sure they do not swallow fluoridated toothpaste.

Tips for keeping your child's teeth and gums healthy:

- Start using fluoride toothpaste around age 3 and only use a pea sized amount
- Brush twice a day for 2 minutes each time
- Begin flossing as soon as teeth touch
- Use a soft bristled toothbrush
- Limit sugary and sticky foods
- Visit your dentist every 6 months for cleanings
- Require children who play sports to wear a mouth guard to protect their teeth



Regular dental visits keep your child's teeth and gums healthy. There are two parts to a regular dental visit—the cleaning and the check up. If you or your child does not have a dentist or dental insurance there are resources on the back of this card to help you find a dentist, low cost care, or insurance.

Ask your child's dentist about sealants and fluoride treatments to protect their teeth.



In 2014, the Macomb County Health Department recognized a growing need to draw support from all community groups to advocate for better oral health in the community. Consequently in 2015, the Macomb County Oral Health coalition (MCOHC) was launched. The coalition membership includes representatives from more than a dozen organizations working collaboratively to promote oral health in Macomb County.

Vision:

All Macomb County residents have access to quality and affordable oral health services and oral health is integrated into their overall health and well-being.

Mission:

The mission of the Macomb Oral Health Coalition is to improve oral health of all people in Macomb County.

Learn more and find oral health resources:

health.macombgov.org/health-OralHealthCoalition

586-463-1254

**Find a dentist near you through the
Michigan Dental Association:**

www.smilemichigan.com