



## DentaQuest believes that your child's oral health is important!

### Take these steps to make sure your child's teeth and gums are healthy:

- Everyone in the family should see a dental care provider twice a year.
- Talk with your child's dental provider about covered preventive services such as sealants and fluoride that are fast, easy and painless to apply and provide great protection against cavities.
- Remind your child to brush twice a day with fluoride toothpaste to keep their teeth and gums healthy.
- Help them brush until age 8 as young kids may not have the ability to brush well by themselves.
- Encourage and help with flossing once daily.
- Drink tap water instead of bottled water – bottled water does not have fluoride which can protect teeth.
- Model healthy dental care behaviors – brush your teeth twice a day, floss daily and eat a healthy, low sugar diet. Show your family that you value oral health and they will too!
- Help your child make healthy choices when snacking. Foods high in sugar contribute to tooth decay.
- Check your child's teeth regularly. Count their teeth, look for dark spots or red and swollen gums. Ask if they have any tooth or mouth pain. Report any concerns to a dental care provider.

DentaQuest administers dental care benefits to children and adults enrolled in Health First Colorado and CHP+. If you need help finding a dental provider or have questions about your dental benefits, Health First Colorado members call 1-855-225-1729, TTY 711. CHP+ members call 1-888-307-6561, TTY 711.



## DentaQuest believes that your child's oral health is important!

### Take these steps to make sure your child's teeth and gums are healthy:

- Everyone in the family should see a dental care provider twice a year.
- Talk with your child's dental provider about covered preventive services such as sealants and fluoride that are fast, easy and painless to apply and provide great protection against cavities.
- Remind your child to brush twice a day with fluoride toothpaste to keep their teeth and gums healthy.
- Help them brush until age 8 as young kids may not have the ability to brush well by themselves.
- Encourage and help with flossing once daily.
- Drink tap water instead of bottled water – bottled water does not have fluoride which can protect teeth.
- Model healthy dental care behaviors – brush your teeth twice a day, floss daily and eat a healthy, low sugar diet. Show your family that you value oral health and they will too!
- Help your child make healthy choices when snacking. Foods high in sugar contribute to tooth decay.
- Check your child's teeth regularly. Count their teeth, look for dark spots or red and swollen gums. Ask if they have any tooth or mouth pain. Report any concerns to a dental care provider.

DentaQuest administers dental care benefits to children and adults enrolled in Health First Colorado and CHP+. If you need help finding a dental provider or have questions about your dental benefits, Health First Colorado members call 1-855-225-1729, TTY 711. CHP+ members call 1-888-307-6561, TTY 711.

