ORAL HEALTH IN CHILDREN AND ADOLESCENTS

Oral health care since childbirth helps prevent diseases that can lead to serious health problems in the teeth and mouth. To maintain good oral health, children and adolescents should:

- Brush teeth and tongue with a soft bristle and fluoride toothpaste twice a day, for 2 minutes.

- Floss at least once a day.

- Replace the toothbrush every 3 months or sooner if the bristles look worn out.

- Eat foods high in calcium such as: milk, cheese, spinach, and broccoli.

- Drink water instead of sugary drinks.

- Avoid foods high in simple sugars.

- Visit the dentist every 6 months for an oral health exam and professional cleaning. Ask how to prevent cavities.

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CHILDREN UNDER 1 YEAR:

- Clean your baby's gums with a wet washcloth or gauze at least once a day or after feedings.

- Once your baby starts to get teeth, clean them at least twice a day with a small, soft-bristled toothbrush.

- Visit the dentist as soon as the first tooth appears (6 months of age).

- Talk to the dentist about when you can start using toothpaste.

CHILDREN WITH SPECIAL NEEDS:

- Select a toothbrush with soft bristle that is appropriate for the child's needs.

- Talk to the dentist about oral health care depending on the child's condition.

REMEMBER

Every student enrolled in a public or private school who is going to attend Kindergarten, 2nd, 4th, 6th, 8th, 10th grade must present the oral exam certificate. The document must be completed and signed by an odontologist or licensed dentist in Puerto Rico.

For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of charge.

www.MenonitaVital.com

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TeleCuidado Menonita
Medical Advice Line
1-844-736-3345
1-844-716-3345 TTY
(hearing impaired)

¿Ayuda con su Plan de Salud del Gobierno?
ASES
ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO
Línea libre de cargos
1-800-981-2737
TTY 787-474-3389

References:
· https://medlineplus.gov/childdentalhealth.html
· https://www.nidcr.nih.gov/health-info/developmental-disabilities