

Take Care of Your TEETH

#HealthyMe



THE HSC HEALTH CARE SYSTEM
Health Services for Children
with Special Needs, Inc.

Oral health affects our ability to speak, smile, eat, and show emotions.

HEALTHY SMILE TIPS

- ◆ See your dentist every 6 months for prevention and treatment of oral disease.
- ◆ Parents and caregivers should:
 - ◆ Start cleaning their child's teeth as soon as the first tooth appears.
 - ◆ Wipe teeth every day with a clean, damp cloth.
 - ◆ Switch to a small, soft toothbrush as more teeth appear.



HOW TO BRUSH

- ◆ Brush your teeth twice a day with a fluoride toothpaste.
- ◆ Help your children brush the front, back, and top of their teeth.
- ◆ Teach your child to spit out the toothpaste when they are done so they do not swallow it.
- ◆ Teach your children to brush their tongue to remove germs and freshen their breath.
- ◆ Replace toothbrushes every three to four months. Replace sooner if the bristles are worn out or if your children have been sick.
- ◆ Children should clean between their teeth once a day, every day, with floss or flossers to get rid of plaque and food where a brush cannot reach
- ◆ Children's teeth can be flossed as soon as two of their teeth touch each other.

National Institute of Dental and Craniofacial Research – National Institutes of Health
American Dental Association (ADA)
Centers for Disease Control and Prevention - Oral Health – CDC

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For more information, visit hscsnhealthplan.org.
For reasonable accommodations, please call (202) 467-2737.



If you do not speak and/or read English, please call 202-467-2737 between 7:00 a.m. and 5:30 p.m. A representative will assist you. **English.**

Si no habla o lee inglés, llame al 202-467-2737 entre las 7:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle. **Spanish.**

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Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 202-467-2737 từ 7 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn. **Vietnamese.**

如果您不能講和/或不能閱讀英語，請在上午 7:00 到下午 5:30 之間給 202-467-2737 打電話，我們會有代表幫助您。 **Chinese.**

영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 0시 00분에서 오후 0시 00분 사이에 202-467-2737번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다. **Korean.**

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 202-467-2737 entre 7:00 du matin et 5:30 du soir. Un représentant vous aidera. **French.**



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

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