

In Case of an Emergency

If the child bites the tongue or lip:

- If bleeding, apply pressure using a clean cloth for 15 minutes at the site. If bleeding does not stop, take the child to the emergency room.
- If there is bruising or swelling, apply an ice pack to the area.

If a tooth is broken or chipped:

- Rinse mouth with warm water and immediately take the child to the dentist!
- If swelling occurs, apply an ice pack against outside of the cheek/lip.

If a tooth is knocked out:

- Carefully pick the tooth up by its biting surface.
- Gently rinse with water but do not scrub or remove attached gum tissue.
- Call your dentist immediately!



Always cover an ice pack with a towel, or use a lined cold pack, and do not use for longer than 10-15 minutes at a time.

How to Find a Dentist

- Ask your doctor for a referral.
- If your child has Medi-Cal, they automatically have Denti-Cal. For more information, contact Denti-Cal at 1-800-322-6384.
- For local dentists, contact the San Diego County Dental Society at 619-275-0244.
- If you have a child under the age of 6 without Medi-Cal or Dental Insurance, your child may qualify for free oral health exams and treatment. Contact the First 5 San Diego Oral Health Initiative (OHI) Program at 619-542-4335.
- Visit www.sharethecaredental.org and click the *Resource* tab for a list of local community dental providers and additional oral health resources.

Have Questions?

Contact the Child Health and Disability Prevention (CHDP) Program at 619-692-8808



Good Oral Health



Guidelines for You and Your Family

Good Oral Health for Children

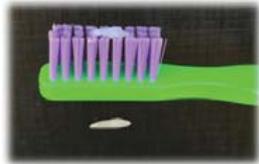
Birth to 1 Year

- Put baby to sleep without a bottle.
- Wipe gums or new teeth with a clean, damp cloth every day.
- Find a dental home where children can receive routine dental care.



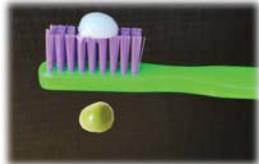
1 to 3 Years

- Use a child's toothbrush with a rice-sized amount of fluoride toothpaste to clean teeth.



4 to 6 Years

- Help children brush teeth and gums with a pea-sized amount of fluoride toothpaste.
- Help children floss before bedtime.



6 Years and Beyond

- Prevent cavities by having a dentist apply sealants, a plastic coating placed on the chewing surfaces of the teeth.
- Use a mouth guard when playing sports.

Preventing Tooth Decay

- Visit a dentist or hygienist every 6 months.
- Floss at least once a day.
- Brush your teeth for two minutes twice a day.
- Replace toothbrush every 3 months or after illness.
- Limit snacks that cause cavities like: chips, candies, soda, and sports drinks.
- Avoid sharing utensils or cups.

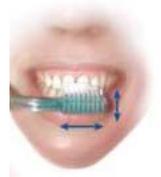


Use the appropriate sized toothbrush based on child's age.

How to Brush Your Teeth

Plaque is a sticky film which coats teeth and causes decay. To brush away plaque:

- Place toothbrush at a 45 degree angle where the teeth and gums meet.
- Brush the bottom and top teeth, inside and outside.
- Brush chewing surfaces on the top and bottom teeth.
- Brush the tongue.



How to Floss Your Teeth



- Pull and tear about 18 inches of floss.
- Wind the floss around each middle finger, leaving an inch or two of floss to use.
- Hold the floss tight between your thumb and first fingers.
- Slide the floss gently up-and-down between your teeth.

