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## Toothy Tips for Parents and Older Kid-Helpers

Health Plan of San Joaquin (HPSJ) says every month is Children's Dental Health Month. So now is the time we can all care for baby's teeth and encourage households to do the same. When kids learn to care for their mouth early, it makes way for healthy permanent teeth. There are three steps families can take to keep baby teeth ready for smiles.

Choose water. Sweets, fruit juice, and sodas are tasty, but too much can hurt your child's teeth. If your child sleeps with a bottle, make sure it is water instead of a sugary drink. It is all part of a balanced diet that invites health to the body. Sealants are a simple way to protect parts of the mouth that are prone to cavities. They act as a barrier and often put on chewing surfaces of back teeth. Fluoride Varnish is a fast, easy, and painless way to

prevent cavities in your child's mouth. HPSJ members can get this type of care from their child's main doctor. SMILE is California's Dental Medi-Cal provider. Explore their site for more support, education, and materials, at <https://smilecalifornia.org/>.

COVID-Safe Office Visits - COVID-19 has changed how healthcare providers see patients. Just like pediatricians and other doctors, dentists are working hard to protect our communities. Learn more from the following video <https://bit.ly/3sqQw2g>

For more about how to stop tooth decay in your baby and have better oral health for older kids - who might want to help with their younger siblings, visit the Health Plan of San Joaquin site at <https://www.hpsj.com/healthysmiles/>. There, you will find a fun wheel. Just click each section of the wheel to learn more.



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