



**Dear parents:
We care about your
child's smile!**

This guide will help you take care of their teeth from birth to age 3. Healthy habits now mean fewer problems later.



**A healthy smile
starts now!**

With a little care each day, you can help your child have strong, healthy teeth for life. Renaissance is here to help.



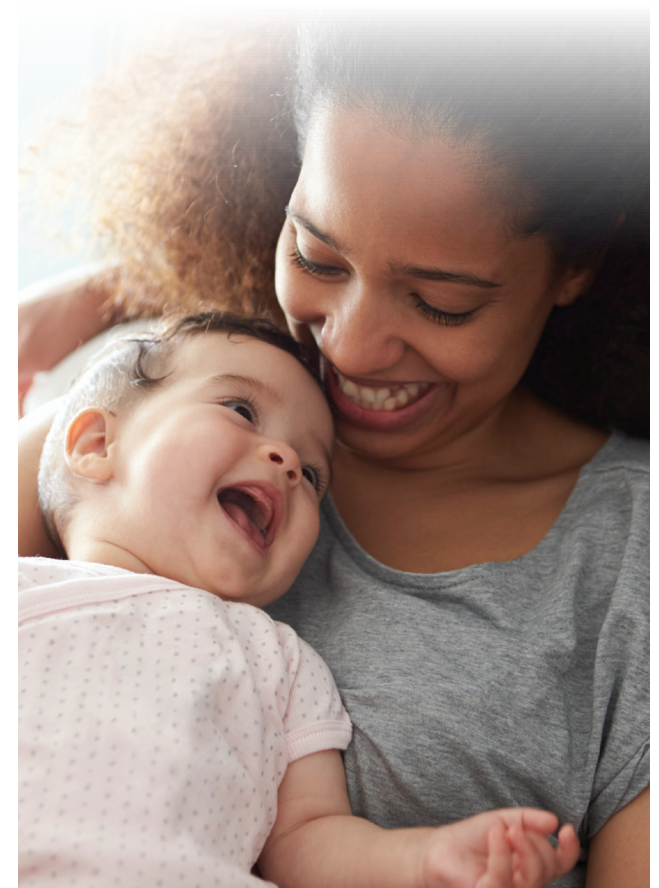
Questions?

Scan the QR code or visit
TennCare.RenaissanceBenefits.com
for more information.



**A guide to
early childhood
dental care**

Healthy smiles start early!



Let's get started!

Age 0-6 months old



The first teeth are coming!

Baby teeth usually start to come in at 6 months old. The front teeth come first.

What you can do:

- Wipe baby's gums and teeth with a wet cloth twice a day.
- Ask your dentist about teething and fluoride.
- Don't put your baby to bed with a bottle.

Age 7-11 months old



More teeth and soft foods

Lower front teeth come in around 8 months old, and top front teeth around 10 months old.

What you can do:

- Start using a small cup at 7 months old.
- Clean baby's teeth twice a day.
- Offer fruits, vegetables and water often.
- Don't give juice or sweet snacks often.
- No bottles in bed.

Age 12-24 months old



Molars and strong teeth

Molars come in around 16 months old. Enamel (the hard layer on teeth) is forming.

What you can do:

- Take your child to the dentist by age 1.
- Limit sugary snacks and drinks.
- Feed your child healthy foods like: grains (bread, cereal); fruits and vegetables; meat, eggs and beans; milk, cheese and yogurt.

Age 25-36 months old



Last baby teeth and brushing habits

Second molars come in around 25 months old.

What you can do:

- Keep up regular dental visits.
- Ask about fluoride—most kids need more by age 3.
- Teach your child to brush their teeth twice a day and help until they can brush well themselves.
- Change their toothbrush every 2 months or when bristles look worn.
- Keep giving healthy foods and water.

Watch out for tooth decay

Some kids have a higher risk of cavities.

Risk factors include:

- A brother or sister had cavities before age 5
- Going to sleep with a bottle
- Eating lots of sweets or sticky foods
- Not brushing their teeth every day
- Not getting enough fluoride
- White or chalky spots on teeth

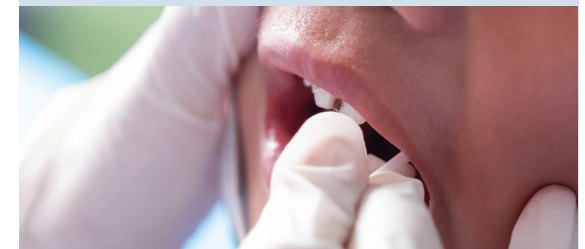
Why fluoride helps

Fluoride keeps teeth strong. It can cut cavities by 25%!¹

Fluoride:

- Makes teeth harder and stronger²
- Slows germs that cause decay²
- Is found in some water and foods (like fish and rice)³

Many cities add fluoride to tap water. Ask your dentist if your child needs more. They may suggest fluoride drops or pills.¹



1. Community Water Fluoridation, "About Community Water Fluoridation," web. 2. National Institute of Dental and Craniofacial Research, "Fluoride & Dental Health," web. 3. Micronutrient Information Center, "Fluoride," web.



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