

NC InCK Quick Reference Guide: Supporting Dental Health

Tips for Good Dental Health

Infant Dental Care Tips

- Before the first teeth break through, gently wipe gums with a damp cloth or gauze pad after meals.
- See a dentist within six months of when the first tooth appears and no later than the first birthday.
 - When teeth appear, gently brush twice a day with a small soft bristled toothbrush and fluoride toothpaste.
 - When teeth touch, floss in between teeth daily.
- Tips for bottles and pacifiers:
 - Finish the bottle before bedtime and naps.
 - Don't go to bed with a bottle, as this can lead to tooth decay.
 - No sugar water, juice, or soft drinks in the bottle.
 - Use a clean pacifier. Do not dip in sugar or honey.
 - Don't put a spoon or pacifier in your mouth before giving it to a child.
- Discuss with your pediatrician the best timing to eliminate bottle use for your child and transition to a cup.

Tip: Children should be seen 6x from tooth eruption to 3 ½ years and every 3-6 months with well-child visits.

Toddler & Child Dental Care Tips

- Teach children ages 3-6 to brush twice daily for 2 minutes each time morning and night with fluoride toothpaste.
- Eat a healthy diet: Limit snacking, no fruit juice, baked goods, or cereal bars made with honey or molasses (cavity-causing bacteria feed on sugary food and drinks).
- Drink plenty of water.

Tip: Tooth decay is the single most common chronic childhood disease that is entirely preventable. Oral health affects whole body health.

Covered Medicaid Dental Services

2 Preventive Visits Per Year which includes: Cleanings twice a year (every 6 months), check-ups, exams, x-rays, fluoride, sealants, restorative fillings and crowns, and periodontics (gum treatment).

Orthodontics: Braces up to age 20 (Orthodontist will assess and submit paperwork to Medicaid for approval of braces).

Tip: Parents and caregivers should ask their pediatrician if they offer a program called “Into the Mouth of Babes” which would include an oral evaluation, risk assessment, parent counseling, fluoride varnish application, and referral to a dentist.

Find A Dental Provider

Use [this tool](#) to search by address or zip code, distance, specialty, name of the dentist, gender, payment options (Medicaid accepted), language, and providers open on Saturday.