

Problem:

About 7 million low-income children need sealants.



What are sealants?

- Sealants are thin coatings painted on the chewing surfaces of the back teeth to prevent cavities.

They flow into the deep grooves of teeth which are hard to reach with a toothbrush. Sealants harden immediately so a child is able to chew right away.

- Sealants prevent the most cavities when applied soon after permanent molars come into the mouth (around age 6 for 1st molars and age 12 for 2nd molars).
- Sealants can be applied by a dentist, dental hygienist, or other qualified dental professional, depending on state law and regulations. This can be done in dental offices or using portable dental equipment in community settings like a school.

Why use sealants?

- Sealants are a quick, easy, and painless way to prevent most of the cavities children get in the permanent back teeth, where 9 in 10 cavities occur.
- Once applied, sealants protect against 80% of cavities for 2 years and continue to protect against 50% of cavities for up to 4 years.
- Sealants can eliminate the need for expensive and invasive treatments like dental fillings or crowns.
- Applying sealants in schools for about 7 million low-income children who don't have them could save up to \$300 million in dental treatment costs.

Dental sealants can prevent cavities when applied to molar teeth.



School-based programs are one way to reach millions of children with sealants to prevent cavities.

Fluoride Varnish

What Parents Need to Know



What is fluoride varnish?

- Fluoride varnish is a coating that can be applied to the teeth to help prevent tooth decay.

What are the benefits of fluoride varnish?

- It makes the tooth surface stronger. If there are signs of early tooth decay, it can help repair the tooth.

Is it safe?

- It is safe for children and babies.

How can my child get fluoride varnish?

- Your child can get fluoride varnish at the dentist's office, or in some school, community, or medical places.
- Fluoride varnish can be applied 2 to 4 times a year.



Be sure to ask your doctor, nurse, dentist, or dental hygienist about what you can do to prevent your child from getting cavities.

Source: www.ada.org

Brushing Method

1. Place the bristles of the toothbrush where the gums and teeth meet. Gently brush in small circles, and then sweep away from the gum. Repeat method to all outside (cheek side) surfaces.



2. Brush the inside (tongue side) surfaces using the same method.



3. To clean the inside surface of the front teeth, tilt the toothbrush vertically and sweep away from the gum.



4. Scrub the top (chewing) surfaces back and forth.

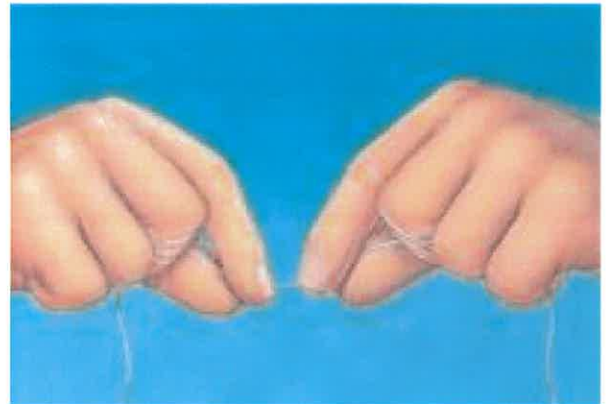


5. Brush your tongue gently from back to front.

Flossing Method

1. Measure and cut a piece of floss equal to the distance of your hand to your elbow. Wrap the floss three times around the tip of the middle finger and the remaining floss around the opposite middle finger.

2. Use the index finger or the thumb to guide and slide the floss between your teeth.



3. Gently insert the floss between the teeth by moving it back and forth in a see-saw motion. Do not press down hard, you may cut the gum.



4. Create a "C" shape with the floss by curving it around the tooth. Gently move the floss up and down the surface of the tooth, and then reverse the C-shape to repeat the process with the neighboring tooth.



Medi-Cal Has Dental Covered



As a Medi-Cal member, your benefits and your child's benefits include dental coverage. See the chart below for an overview of the dental care that is covered by Medi-Cal.

SERVICES	BABIES	KIDS	TEENS	PREGNANCY	ADULTS	SENIORS
Exam*	✓	✓	✓	✓	✓	✓
X-rays	✓	✓	✓	✓	✓	✓
Teeth cleaning	✓	✓	✓	✓	✓	✓
Fluoride varnish	✓	✓	✓	✓	✓	✓
Fillings	✓	✓	✓	✓	✓	✓
Tooth removal	✓	✓	✓	✓	✓	✓
Emergency services	✓	✓	✓	✓	✓	✓
Sedation	✓	✓	✓		✓	✓
Molar sealants**		✓	✓			
Root canals		✓	✓	✓	✓	✓
Orthodontics (braces)***			✓			
Crowns****			✓	✓	✓	✓
Partial and full dentures			✓	✓	✓	✓
Denture relines			✓	✓	✓	✓
Scaling and root planing			✓	✓	✓	✓

*Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members over the age of 21.

**Permanent molar sealants are covered for kids and teens up to age 21.

***For those who qualify.

****Crowns on molars or premolars (back teeth) may be covered in some cases.

BABIES

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. They help him or her chew, speak and smile.

KIDS

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist for molar sealants to help protect your child's molars from cavities.

TEENS

Eating sugary foods and drinks, as teens often do, puts them at a higher risk for gum disease and tooth decay. Teenagers who continue to get regular check-ups ensure good oral health well into adulthood.

PREGNANCY

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 12 months after the birth of your baby.

ADULTS

As you age, taking care of your health becomes more important. Regular dental visits keep your gums and teeth strong, and help with your overall health.

SENIORS

Older adults are prone to gum disease and other oral health problems. You can lower your risk by brushing twice a day, flossing every day, and seeing your dentist regularly.

Learn about your dental benefit and find a Medi-Cal dentist near you at [SmileCalifornia.org](https://www.smilecalifornia.org) or by calling 1-800-322-6384. With Medi-Cal Dental, your visit is free or low-cost. Schedule your appointment today!

SmileCalifornia.org | 1-800-322-6384



TOOTHY TIPS FOR PARENTS

Did you know that healthy baby teeth make way for healthy permanent teeth? Help your children keep their smiles strong and healthy for a lifetime by building good oral health habits now.



- **Brush twice a day.** As soon as your child's first tooth appears, help them brush twice a day, in the morning and at bedtime. You should continue brushing your child's teeth until you are sure they can brush on their own. Once your child can brush on their own, you should continue to supervise, reminding them to use good brushing techniques.
- **Floss daily.** Help your child floss between their teeth as soon as they have two teeth that touch.
- **See the dentist twice a year.** Children under the age of 21 should see the dentist for a cleaning and check-up every six months. If your child doesn't have a dentist, visit SmileCalifornia.org and click on the Find A Dentist button to find a dentist near you.
- **Choose healthy foods and drinks.** A balanced diet is an important part of keeping your teeth and gums healthy. Help your child make healthier food choices. Be sure to limit sugary snacks and drinks, like juice and candy.

Remember, children learn by watching their parents. Be a good oral health role model by taking good care of your own teeth and gums!

Good Oral Health Through the Years

Babies

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. Kids can get cavities as early as age two, so visit the dentist as soon as possible.

Kids

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist about sealants to help protect your child's back teeth from cavities. Sealants are clear, protective coatings that are quick and painless.

Teens

Continuing to eat sugary foods and drinks as teens can put them at a higher risk for tooth decay. Teenagers who get regular dental check-ups maintain good oral health well into adulthood. Keeping a travel-size toothbrush in a locker or backpack to brush after meals can also help reduce the risk of cavities and keep teeth bright — a boost to any teen's self-esteem.

Pregnancy

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 12 months after the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.



























Parents, California law, Education Code Section 49452.8, requires that your child have an oral health assessment (dental check-up) by

May 31 in either kindergarten or first grade, whichever is his or her first year in public school.

Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.



Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 258 calories 20 fl. oz.	15 tsp 	56 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.	15 tsp 	52 min. 
 Juice Drink 305 calories 20 fl. oz.	17 tsp 	66 min. 
 Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

U.S. Department of Health and Human Services, U.S. Department of Agriculture, 2015-2020 Dietary Guidelines for Americans. USDA Food Composition Database. <https://files.google.com/elta/compendiumofphysicalsec/files/compendia> (2011).

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YOUR DRINK

The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalChampionsForChange.net.



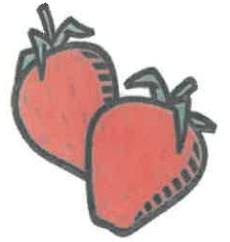
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Snack Ideas



Crunch-A-Snack

Cauliflower
Pepper Strips
Radishes
Bean Sprouts
Sunflower Seeds
Toasted Pumpkin Seeds
Roasted Soy Beans
Whole Wheat Crackers
Unsweetened Cereal



Munch-A-Snack

Apples
Peaches
Plums
Grapes
Strawberries
Pears
Apricots
Cherries
Oranges

Spoon-A-Snack

Applesauce
Cottage Cheese
Yogurt
Custard
Egg Salad
Tuna Salad
Carrot and Raisin Salad

Slice-A-Snack

Mushroom
Carrot
Pineapple
Melon
Cheese
Persimmon
Banana
Watermelon
Tomato



Drink-A-Snack

Milk
Tomato Juice
Water
Unsweetened Fruit Juice

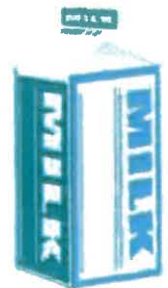
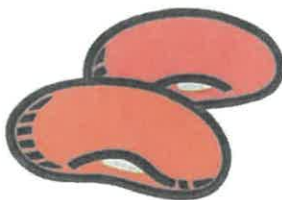


Bake-A-Snack

Vegetable or Cheese
Pizza
Fruit Muffin
Baked Apple
Tortilla and Cheese

Create-A-Snack

Fruit and Cheese Kabobs
Peanut Butter Rolled in Lettuce Leaves
Celery Stuffed with Cream Cheese
Cucumber or Zucchini Rings with
Cottage Cheese Dip
Deviled Eggs
Banana Chunks Rolled in Wheat Germ
Tuna on Rye Crisp
Refried Beans on Corn Tortillas



Be sure that your child can chew and swallow nuts and skins of fruits before offering snacks of this type