

# I-Smile Dental Home Initiative

Healthy Smiles for Iowa Kids



## A healthy mouth is important!

With good oral health, children can eat well, avoid pain and tooth loss, and feel good about themselves. Keeping teeth and gums healthy is easy!

- ▶ Choose snacks and drinks with low or no sugar. Frequent snacking—especially with sugary drinks and treats—can increase the risk for cavities.
- ▶ Most children need help with toothbrushing and flossing until they are old enough to tie their own shoes. Brush and floss for them while they are young, then make sure they are doing a good job when they brush and floss on their own.
- ▶ Talk to your child's doctor about their medicines. Some medicines contain sugar or can cause dry mouth, which makes it easier to get cavities.
- ▶ Visit a dentist at least one to two times a year; the first visit should happen by the first birthday!



## I-Smile can help you keep your child's mouth healthy.

Every child should have a dental check-up by their first birthday. I-Smile Coordinators are dental hygienists who can help your family find the right dentist for your child's needs. The coordinator can also help with:

- ▶ Dental services, such as fluoride varnish and dental sealants to prevent cavities.
- ▶ Education about taking care of your child's teeth at home.
- ▶ Information about dental insurance and other ways to pay for dental care.

Contact your I-Smile Coordinator for more information or ask your health care provider for a referral today.

866-528-4020



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