

HOW TO KEEP HEALTHY TEETH & GUMS

EATING HABITS

- Eat healthy and feed kids healthy foods, such as vegetables, fruit, bread, and meat.
- Help control a “sweet tooth.” Avoid candy, cookies, and cake. Try instead apples, oranges, and bananas.
- Do not eat sweet and sticky foods in between meals.
- Drink milk for strong bones and teeth.

ORAL HEALTH PRACTICES

- Brush your teeth with toothpaste at least once a day, but twice is better!
- Floss your teeth everyday to remove the food between your teeth.
- Children under 21 years of age need to be seen by a dentist twice a year.
- Do not give your children soda pop or sweetened drinks in bottles or sippy cups.
- Encourage your children to drink water instead of sugary drinks.

If you are a MassHealth member and need help finding a dentist please call **1-866-616-2699**, TTY 711.

Need help? Get answers right now through the new MassHealth member portal! Visit us at masshealth-dental.org.

