

Do you have questions?

Call our 24-hour Nurse Advice Line.
We are here to help you.



English:
(888) 275-8750

Español:
(866) 648-3537

TTY/TDD:
711

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information only. It does not replace
your provider's advice.

To get this information in other
languages and accessible formats,
please call Member Services. This
number is on the back of your
Member ID card.



Prevent Cavities

Dental Care

Help your child learn **good dental health habits to prevent cavities**. Take your child to the dentist for checkups and routine dental care.

How can I help my child **prevent cavities**?

- Make sure your child brushes twice each day.
- Be sure your child gets enough fluoride.
- Get dental sealants on back teeth.
- Avoid foods with high sugar content.

Why does my child **need fluoride**?

Fluoride protects teeth from acid that causes cavities. It makes your child's teeth stronger.

How can my child **get fluoride**?

- Drink fluoridated water. Many cities add fluoride to the water.
- Use toothpaste that contains fluoride.

- Ask your dentist if your child should receive a fluoride treatment.
- After your child reaches age six, use a fluoride mouth rinse.

What are **dental sealants**?

Dental sealant is a thin plastic coating applied to grooves of chewing surfaces of the back teeth.

Why does my child **need sealants**?

You can prevent most tooth decay on the back molars by having sealants applied to your child's teeth.

How long do **sealants last**?

A sealant can last ten years.

