



smile discoveries™

Despite significant advances in oral health, tooth decay is still a leading, preventable oral health disease facing children.

Tooth decay can occur as soon as teeth erupt in the mouth. Because problems with children's teeth often go unchecked, parents and caregivers can take one simple step each month and "lift the lip." This check should not replace children's regular dental visits.

By "lifting the lip," parents can look for signs of undetected tooth decay or other potential tooth problems:

- Changes in tooth color (white lines or brown spots)
- Holes on the tooth surface
- Broken or chipped teeth
- Swollen or bleeding gums

Changes in children's mouths should be reported to their dentist. Their dentist can provide any necessary treatment and information on keeping their mouth healthy and disease free.

Parents should continue to take an active role in the health of their children's teeth by: bringing their children to the dentist regularly (the first visit by age one), encouraging a healthy diet, and monitoring daily brushing with fluoride toothpaste.

By establishing regular oral health habits early in life, we can improve the oral health of our children—one tooth at a time.

Don't Check Out After Their Check Up!

You do everything possible to protect your child from harm. By checking your children's teeth once a month, you can help ensure their healthy smiles.

 **DELTA DENTAL**®

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A campaign for improving the oral health of all Minnesotans.

**For additional oral health
information, visit us at
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