



Healthy Mouth and Happy Smiles

Start your child's oral health routine today!



Brush for 2 minutes, twice a day

Brush your teeth with fluoride toothpaste and floss once daily. Adults should help children until they reach about 8 years old.



Visit the dentist twice a year

Go before it hurts and catch problems early. Prevent tooth decay before it starts!



Baby teeth are important

Healthy baby teeth help kids eat, speak, smile, and hold space for adult teeth to grow in properly.



No to sugary foods, juice & drinks

Too much added sugar from sweet drinks, juice and foods causes cavities. Give kids water instead to keep smiles strong.

Pro Tip

Drink Clean Fluoridated Tap Water!

Fluoride protects our teeth, makes them stronger, and helps stop cavities from forming.

1st First Tooth First Birthday First Dental Visit

A child's first dental visit should be around their 1st birthday - or better yet, by their first tooth.

Early dental visits help your child become comfortable with the dentist.

Dentists will show you how to clean the child's teeth properly and how to handle habits like thumb-sucking.

Enroll in Affordable Health Coverage Today

San Mateo County Health Coverage Unit (HCU)

San Mateo County's Health Coverage Unit (HCU) helps residents find and apply for health insurance like Medi-Cal, Covered California, ACE, and CCHIP.



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Connect with SMC Oral Public Health Program



smchealth.org/oral-health



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