

## In Case of an Emergency

### If the child bites the tongue or lip:

- If bleeding, apply pressure using a clean cloth for 15 minutes at the site. If bleeding does not stop, take the child to the emergency room.
- If there is bruising or swelling, apply an ice pack to the area.

### If a tooth is broken or chipped:

- Rinse mouth with warm water and immediately take the child to the dentist!
- If swelling occurs, apply an ice pack against outside of the cheek/lip.

### If a tooth is knocked out:

- Carefully pick the tooth up by its biting surface.
- Gently rinse with water but do not scrub or remove attached gum tissue.
- Call your dentist immediately!



**If using an ice pack, apply for 10-15 minutes at a time.**

## Resources



Visit [smilecalifornia.org](http://smilecalifornia.org) or call 1-800-322-6384 to learn about Medi-Cal Dental benefits available to you and your family and to locate a dental provider.



Visit [211sandiego.org](http://211sandiego.org) or call 211 to connect with a live person to get connected to the best health-related resources and services that fit your needs.



Visit [sdcds.org](http://sdcds.org) or call 619-275-0244 for referrals to private dental offices that accept a variety of insurance plans.



Visit [sharethecaredental.org](http://sharethecaredental.org) or call 619-692-8885 for oral health related training or educational needs.

### Have Questions?

Contact the County of San Diego  
Oral Health Programs at 619-692-8858

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## Good Oral Health



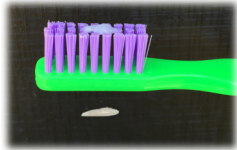
## Tips for You and Your Family



# Good Oral Health for Children

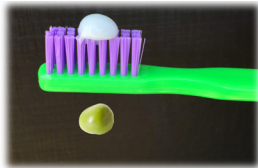
## Birth to 3 Years

- Put baby to sleep without a bottle.
- Wipe gums or new teeth with a clean, damp, cloth or brush everyday.
- When teeth appear, use a toothbrush with a rice sized amount of fluoride toothpaste.
- Find a dental home for routine care starting when teeth appear.



## 4 to 6 Years

- Help children brush teeth and gums with a pea sized amount of fluoride toothpaste.
- Help children floss before bedtime.



## 6 Years and Beyond

- To prevent cavities, ask your dentist about fluoride and dental sealants.
- Use a mouth guard when playing sports.



## Preventing Tooth Decay

- Visit a dentist or hygienist every 6 months.
- Floss at least once a day.
- Brush your teeth for two minutes twice a day.
- Replace toothbrush every 3 months or after illness.
- Limit snacks that cause cavities like: chips, candies, soda, and sports drinks.
- Avoid sharing utensils or cups.

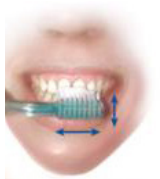


Use the appropriate sized toothbrush based on child's age.

## How to Brush Your Teeth

Plaque is a sticky film which coats teeth and causes decay. Brush away plaque.

- Place toothbrush at a 45 degree angle where the teeth and gums meet.
- Brush the bottom and top teeth, inside and outside.
- Brush chewing surfaces on the top and bottom teeth.
- Brush the tongue.



## How to Floss Your Teeth



- Pull and tear about 18 inches of floss.
- Wind the floss around each middle finger, leaving an inch or two of floss to use.
- Hold the floss tight between your thumb and first fingers.
- Slide the floss gently up-and-down between your teeth.

