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!

Resources

Visit 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 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 or call 619-275-0244 for referrals to private dental offices that accepts a variety of insurance plans.

Visit 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

Funded by CDPH under contract #17-10718

August 2019
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.

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.

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.