



**MARYLAND**

**Department of Health  
and Mental Hygiene**



OFFICE OF ORAL HEALTH  
[pha.dhmv.maryland.gov/oralhealth](http://pha.dhmv.maryland.gov/oralhealth)

## Dental Tips For Your Child

Schedule their 1st dental visit when their first tooth appears, or by their 1st birthday.

Provide healthy snacks and avoid sugary foods and drinks. Consider milk or water instead.

Avoid giving bottles or sippy cups in bed, at night or nap time.

Brush their teeth with fluoridated toothpaste at least twice a day for two minutes.

Drink tap water if your community water system or private well has fluoride in it.

Don't share cavity-causing bacteria.

- \* Each family member should always use their own toothbrush
- \* Don't share eating utensils or drink from the same cup

## Dentists Participating in the Maryland Healthy Smiles Dental Medicaid Program

Scion Web Portal: [member.MDhealthysmiles.com](http://member.MDhealthysmiles.com) Phone: 855.934.9812

## Dental Public Health Programs and Facilities Providing Discounted, Low-Cost or Special Dental Services

Web: [pha.dhmv.maryland.gov/oralhealth/Documents/OralHealthResourceGuide.pdf](http://pha.dhmv.maryland.gov/oralhealth/Documents/OralHealthResourceGuide.pdf)

E-mail: [dhmv.oralhealth@maryland.gov](mailto:dhmv.oralhealth@maryland.gov)



Scion Web Portal



E-mail: Office of Oral Health



Resource Guide