vba

FOCUS ON DENTAL HEALTH

Healthy Habits for a Healthy Smile

Dental Hygiene Is Important at Every Age

When your children are old enough to start taking care of their dental health, it's important to teach them healthy habits and the value of taking care of their teeth. As a parent, you may feel overwhelmed with where to start. Dental hygiene isn't the most exciting for kids, and it can be a challenge to help them feel motivated. Keep the following tips in mind as you help them get started.

Toothbrushing 101

2 min Be sure to brush for two minutes, twice per day using a fluoride toothpaste. Remember to brush all surfaces—inner, outer and chewing.[1]

After each use, rinse your toothbrush with hot water to get rid of any remaining paste and debris.[2]

Toothbrushes should be replaced frequently—every few months, once the bristles are matted or after any sickness.[2]

You should start flossing your child's teeth daily when they have two teeth that touch.[3]

Make Dental Hygiene FUN for Your Kids!

F Demonstrate your good brushing and flossing techniques to encourage them to **follow** in your footsteps.

U Ask the pediatric dentist to walk your child through the tools and sounds they might experience so they **understand** what the appointment will include.

N Make dental hygiene fun! **Nurture** their routine by letting them pick out a fun toothbrush or by bringing a stuffed animal to the dentist. These small things can help them have a positive experience.

VBA, in partnership with TruAssure Insurance Company, offers plans that provide easier access to dental care. **To learn more, visit vbaplans.com/dental**.

TruAssure
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All TruAssure dental plans are offered in association with the DenteMax Plus dental network arrangement, which includes dentists from the following dental networks: United Concordia, DenteMax and GEHA Connection Dental Network.

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1. American Dental Association (https://www.ada.org/resources/research/science-and-research-institute/oral-health-topics/toothbrushes) • 2. Cleveland Clinic (https://health.clevelandclinic.org/wash-it-soak-it-pitch-it-4-tips-for-a-clean-toothbrush/) • 3. Cleveland Clinic (https://my.clevelandclinic.org/health/articles/4003-caring-for-childrensteeth#:~:text=You%20should%20begin%20flossing%20your,own%20by%20about%20age%2010.) • 4. CDC (https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html) • 5. American Association of Orthodontists (https://www.aaoinfo.org/system/files/media/documents/Right_Time_for_Ortho-MLMS-hl.pdf) •6. Healthline (https://www.healthline.com/health/childrens-health/baby-teeth-fall-out#baby-teeth-chart)

Cavity Prevention

More than half of children between the ages of 12 and 19 have had a cavity in at least one of their permanent teeth. If untreated, they can be painful and lead to infections.[4]

Fluoride toothpaste can help prevent one third of cavities in the primary teeth.

Dental sealants help prevent 80% of cavities in the back teeth.

Regular dental check-ups can help detect cavities before they worsen.

Did You Know?

It's recommended that your child has a check-up with an orthodontist by the age of 7.[5]

Children typically lose all of their baby teeth between the ages of 6 and 12.[6]

Limiting sugary foods and drinks will help prevent cavities.[4]