

Do Your Part: Healthier Smiles in Grades K-5

Cavities are 100% preventable. They are the most common childhood disease in the United States. Cavities can cause pain & infections that may lead to problems with eating, speaking, playing & learning. Children who have poor oral health often miss more school & get lower grades than children who don't.

Of 3rd Grade Children in Nevada:



66% have had at least one cavity

More than 2,400 need urgent dental care



33% of 8 & 9 year olds need dental treatment

National average: 20%

Only 38% had protective dental sealants

National average: 42%

How to keep a child's teeth healthy:

- ✓ Encourage your child to brush their teeth twice a day, two minutes each time and floss daily.
- ✓ Avoid sugary drinks such as juice, sports drinks and soda. Water is best!
- ✓ Help your child brush & floss daily until age 9, or until they can tie their shoes. Children need help reaching hard-to-reach areas.
- ✓ Drink water with fluoride in it and use fluoride toothpaste to protect tooth health.
- ✓ Choose fruits, vegetables, and nuts to help maintain dental health.
- ✓ Have your child visit a dentist office two times a year.
- ✓ Kids love snacks. Try to limit snacking. The less they snack, the less chance they will get cavities.
- ✓ Do not wait for your child to have dental pain before seeing a dentist.
- ✓ Avoid snacks that stick to teeth (Crackers, dried fruit, and chewy candies).
- ✓ Have your child participate in school-based dental programs.



To find a dentist:
scan the QR code
or call: 866-569-1746



Contact Nevada Medicaid:
DHCFP@dhcfp.nv.gov
South: 702-668-4200
North: 775-687-1900