

# Dental Care

Good dental care is important to your health. Teeth help you eat and speak. Having a nice smile is important in how you appear to other people. When your teeth are not healthy, your physical and mental health may suffer.

## How Do I Take Care of My Teeth?

- Brush at least twice a day. If possible, brush after every meal.
- Floss your teeth every day. Floss gets to places your toothbrush can't reach.
- Use toothpaste with fluoride.
- Use a toothbrush with soft bristles. Hard bristles may harm your teeth and gums.
- Replace your toothbrush every 2 – 3 months.
- Don't snack between meals.
- Avoid things like candy and soda, which can harm your teeth.
- **Go to the dentist twice a year!**

## Who Should Go to the Dentist?

- Everyone!
- Kids should start going to the dentist when the first tooth appears.
- You should go to the dentist twice a year.

## Other Things to Know

- A thorough brushing should take 2 – 3 minutes.
- Babies should not go to bed with bottles of milk, formula, or juice. This can damage their teeth.
- Older kids should always wear a mouth guard when playing sports.

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Need more help?  
Call Integral Quality Care at 1-866-258-4326.