Trillium
HEALTH RESOURCES

GrowSmart EPSDT Health Promotion: February 2026

February is Children's Dental Health Month.This month reminds us how important oral health is for kids. Healthy teeth help children eat, speak, and learn. Tooth decay is common, but it can be prevented with good habits and regular care.

Why does oral health matter?

Good oral health is essential for overall well-being. Poor dental care can lead to pain, infections, and difficulties with eating or speaking, which can affect a child's daily life and development. It may also result in missed school days and increase the risk of other health problems. To prevent these issues, kids should visit a dentist by age one and continue with regular checkups every six months. Daily habits like brushing teeth twice a day with fluoride toothpaste and limiting sugary snacks and drinks play a key role in maintaining healthy teeth.

What do doctors say?

According to the American Dental Association (ADA) and the American Academy of Pediatrics (AAP), children should have their first dental visit by age one. Preventive measures such as fluoride treatments and dental sealants are highly recommended to reduce the risk of cavities. Doctors also emphasize the importance of brushing and flossing daily and choosing foods that are rich in calcium while keeping sugar intake low to support strong teeth and overall oral health.

Tips for Families

Daily Care
- Brush teeth twice a day
- Floss daily for older kids
- Replace toothbrush every 3 months

Healthy Habits
- Drink water instead of juice or soda
- Eat calcium-rich foods for strong teeth
- Avoid sugary snacks

Dental Visits
- Schedule regular checkups
- Ask about fluoride and sealants

Stay Involved in Your Child's Health

- Attend Well Child Visits
- Schedule dental checkups every 6 month
- Encourage daily brushing and flossing
- Watch for signs of cavities or gum issues

Dental Care Timeline

Age	Key Actions
By 12 mo.	First dental visit
Every 6 mo.	Routine dental checkups
Daily	Brush teeth twice, floss once

Need help finding a dentist?
Call your Care Manager or 1-877-685-2415. Many dentists accept Medicaid.

Questions? Call your care manager for more details.

Member & Recipient Services: 1-877-685-2415