

# Your Child's Dental Visit



## Everyone should visit a dental provider every six months

For a healthy mouth, find a dental provider you like and trust. See that provider every 6 months. By seeing the same dental provider, they can better see changes in your mouth and treat problems early.

### What to expect during your dental visit



#### Oral exam

Your dental provider will look at how your child's mouth is growing and changing. They will also talk about keeping the mouth healthy and building good habits.



#### Cavities

Your dental provider will check for cavities and any changes that may cause them.



#### X-rays

Your dental provider will only recommend x-rays when needed.



#### Cleaning, polishing and fluoride

Your dental provider will decide if your child needs extra cleanings and how often fluoride, a mineral helpful to teeth, should be used.

## Your child's dental visit by age

### Age 6 to 12 months

Take your child to a dental provider when the first tooth appears to learn about care, preventing injuries and habits like thumb-sucking.

### Age 12 to 24 months

Your dental provider will check that your child's mouth is developing correctly.

### Age 2 to 12 years

Your dental provider will give guidance on healthy habits, check how the teeth fit together, treat injuries, suggest braces if needed and may recommend sealants for back teeth.

### Age 12 years and up

Your dental provider will discuss how hormones, smoking, vaping, piercings and other habits can affect oral health.

Health First Colorado covers medically necessary health care services through the Early and Periodic Screening, Diagnostic and Treatment (EPSDT) benefit for members ages 20 and younger. This benefit ensures they get the right preventive, dental, developmental and specialty services at the right time, at no cost to you or your family. To learn more, visit <https://hcpf.colorado.gov/epsdt> or talk to your provider.

### Questions?

- Visit [DentaQuest.com](https://DentaQuest.com) or call DentaQuest at **855-225-1729** (State Relay: **711**) for Health First Colorado, or **888-307-6561** (State Relay: **711**) for CHP+.
- If you are a Health First Colorado member and don't have a way to get to and from your dental appointments, you may be able to get a free ride. Visit [HealthFirstColorado.com/nemt/](https://HealthFirstColorado.com/nemt/) to learn more.