Good dental habits from the start

Oral health for kids: What you need to know

Brush twice a day for two minutes
Brushing for two minutes with fluoride toothpaste helps reduce plaque and avoid cavities.*

Two minutes can be a lot for a child, so try an app to make it a fun experience: The Disney Magic Timer by Oral-B lets your child brush alongside their favorite characters, and the Toothsavers Brushing Game takes them on an exciting adventure. Both are in the App Store and Google Play.

Consider sealants
Dental sealants are applied by a dentist and protect cavity-prone areas in molars.** They're a proactive way to help avoid future dental issues.

Reduce sugars
Every time your child eats or drinks something sugary, their mouth creates acid that can lead to tooth decay.*** If they’re going to eat a sugary food, they should drink water after. If they’re going to have a sugary beverage, such as soda, juice or a sports drink, they should use a straw.

Encourage healthy snacks
Mouth-healthy snacks include cheese sticks, nuts, low-sugar yogurts, veggies and apples.

Schedule a check-up today
Regular cleanings – at least two per year is recommended – help keep your child’s mouth healthy and catch any issues when they’re small. Find a pediatric dentist at myCigna.com.


Together, all the way.*

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