

Check Your Child's Teeth

HOW DO YOU KNOW IF YOUR CHILD HAS A DENTAL PROBLEM?

When your child(ren) brush their teeth, take some time to check their teeth to ensure they do a good job and their teeth are healthy.

Look out for problems:

- Dark spots on the teeth
- Holes in the surface of the teeth
- Pain in mouth or bloody gums
- Teeth that hurt to heat, cold or sweets
- Teeth painful or sensitive when they chew
- Gums "pull away" from the teeth

If you notice any of these problems with your child's teeth, schedule an appointment with a dentist as soon as possible.

The problem is easier to fix if treated sooner.



If you need help to find a dental provider or have questions about your benefits, visit **www.hndental.com**. Or, call:

- **Los Angeles County** members: **1-844-233-4522**
- **Sacramento County** members: **1-833-493-0428**

Hours: 8:00 am to 5:00 pm PT

TDD/TTY users should dial 1-800-466-7566.

Source and website:

5th Edition Handbook of Pediatric Dentistry. American Academy of Pediatric Dentistry (AAPD), www.aapd.org.

This information is not meant to replace medical or dental care. Please always follow your healthcare provider's instructions.

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