

**National Children’s Dental Health Month Twitter Message Options**

**Option 1:**

Your child’s first dental visit should take place after their first tooth appears, or by their first birthday, whichever happens first. Medi-Cal provides free and low-cost dental services for children and teens two times a year, and sometimes more. **#SmileCalifornia #NationalChildrensDentalHealthMonth**

**Option 2:**

Children can show their teeth some love by drinking water instead of sugary drinks to help prevent tooth decay. Along with drinking water, regular dental visits will help children’s teeth be healthy. For children and teens, Medi-Cal covers dental check-ups twice a year, and sometimes more. **#SmileCalifornia #NationalChildrensDentalHealthMonth**

**Option 3:**

Love your teeth by using your Medi-Cal benefit for routine, preventive, and restorative care. Members under age 21 can have a dental check-up and cleaning every 6 months, and sometimes more. Members 21 and older can have a dental check-up and cleaning every 12 months. **#SmileCalifornia #NationalChildrensDentalHealthMonth**

**Option 4:**

During a dental check-up, dentists and hygienists will clean your teeth and check for any oral health problems, some that might not even be noticeable. Show your teeth some love and schedule dental check-ups for your whole family. **#SmileCalifornia #NationalChildrensDentalHealthMonth**

**Option 5:**

Molar sealants are a great way to protect your children’s teeth from cavities. With your Medi-Cal dental benefit, these quick and painless coatings are covered for children, teens, and young adults up to age 21. **#SmileCalifornia #NationalChildrensDentalHealthMonth**

**Option 6:**

Fluoride treatments help protect your teeth against cavities. They also help strengthen teeth. Fluoride treatments are covered by Medi-Cal every 12 months for adults over the age of 21, and more often for children, depending on their age. **#SmileCalifornia #NationalChildrensDentalHealthMonth**