



**WE'RE HERE
FROM YOUR FIRST
TOOTHBRUSH...**

Tips on Tooth-Brushing

- Brush your teeth for two minutes, two times a day (after breakfast and before bed).
- Use a light smear of fluoridated toothpaste starting with tooth eruption to age 3; after that, use a pea sized amount.
- Brush all sides of each tooth; do not rinse your mouth when you finish brushing.
- Begin flossing a child's teeth when the teeth touch.
- When you can't brush, rinse your mouth with water after eating. Children can usually rinse their mouth at about age 3.
- An adult should help a child with brushing until they can tie a shoe lace, between 6 to 8 years old.



The ABCD program connects children to a participating dentist. The program serves children under 6 years old who are on Apple Health (Medicaid) as well as Children and Youth with Special Health Care Needs (CYSHCN), who have a Developmental Disabilities Administration indicator, up until their 13th birthday.

How to Find an ABCD Dentist:

- Go to www.snohd.org - click on "Find a Dentist"
- Go to the DentistLink.org website to connect with a Washington State Dentist for Dental Care
- Email: ChildrenDentalInfo@snohd.org
- Or call the dental access line at 425.339.5219 and leave a message



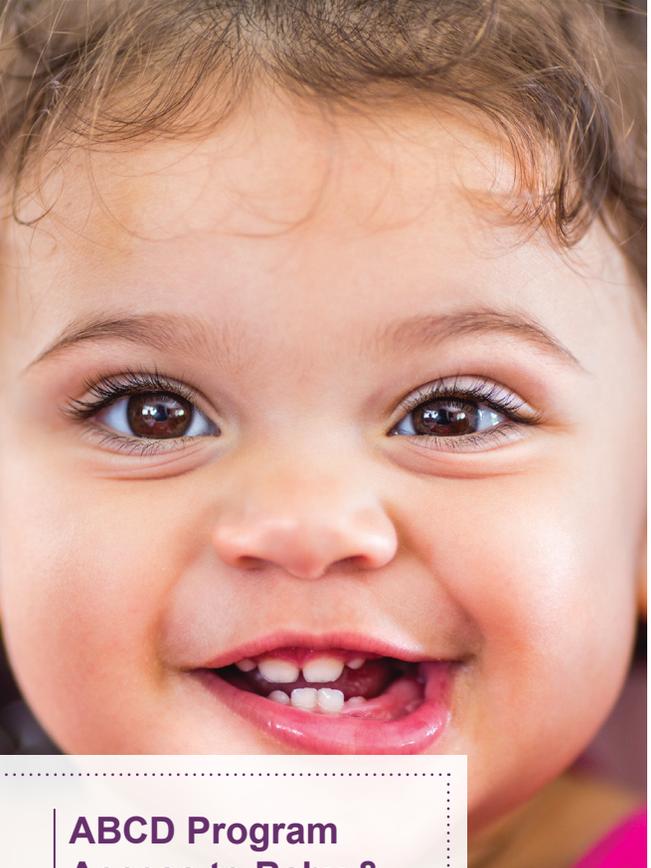
**Access to
Baby & Child
Dentistry™**

**ABCD Program
Access to Baby &
Child Dentistry**

**Snohomish Health District
Prevention Services Division
3020 Rucker Avenue, Ste 202
Everett, WA 98201-3900
425.339.5219**

*Photo on front by Guille Mueses
ABCD_Dental_Brochure_2022_06_LML*

**Every Child Deserves
Healthy Teeth!**





Why ABCD Matters

Did you know that tooth decay is the most common childhood chronic disease? The good news is that cavities are almost totally preventable and ABCD can help.

ABCD Program Benefits

- 2 Dental exams per year, 6 months apart.
- 4 Fluoride varnish application per year.
- 2 Family oral health education sessions per year.
- Fillings and other dental work as needed.

Healthy Habits for a Bright Smile!

- Protect baby teeth — they help your child smile, talk, eat, and hold space for adult teeth.
- Drink water for thirst — it's best.
- Eat a variety of fresh fruit, vegetables and whole grains for meals and snacks.
- Give your teeth a rest; your teeth need about 2 hours to recover after meals, snacks, and juice/sugary drinks.
- Check your child's teeth! Lift the lips and check for decay once a month. If you see white or brown spots, call the dentist right away!
- Prevent baby bottle tooth decay — if you must put your baby to bed with a bottle then fill it with plain water.
- Go to the dentist every 6 months — see the dentist by the child's first tooth or first birthday.



DENTAL VISIT PROTOCOL

1) At Your Child's Visit a Dentist May . . .

- Count your child's teeth.
- Check for cavities and treat them.
- Apply fluoride varnish.
- Take x-rays of your child's teeth.

2) Dental Office Etiquette

- Keep your child's appointment and arrive on time.
- If you need to cancel then call at least 24 hours in advance.

3) Before Each Appointment

- Brush your child's teeth before they leave home.
- Have your child's current Provider One card ready.



4) At the Dental Office

- Arrive 10 - 15 minutes early to complete paper work.
- Present the Provider One card to the receptionist.
- Find out if the office sends 6 months reminders or if you should schedule the next appointment before you leave.

Tips for a Positive Dental Visit

- Read dental books from the library with your child in preparation for the visit.
- Speak to your child in a positive way about the upcoming visit.
- Be aware of your own attitude towards dental visits; your child can easily pick up on any negative feelings you may have.
- Avoid saying things that might cause your child anxiety, like "it might hurt" or "you'll have to be brave."

