

Find Dental Care

Oral Health Resources

- ◆ Washington Information Network 2-1-1
Call 211, or visit www.win211.org
- ◆ Parenthelp123 resources page
<https://resources.parenthelp123.org/>
- ◆ Find an ABCD Dentist:
<http://abcd-dental.org/for-parent/find-an-abcd-dentist/>
- ◆ Community and Migrant Health Centers
<http://wacmhc.org/displaycommon.cfm?an=1&subarticlenbr=9>
- ◆ University of Washington Dental Clinics
<http://www.dental.washington.edu/patient/patient-care-guide.html-0>
- ◆ Free Clinic Association
<http://www.wafreeclinics.org/clinics.html>
- ◆ Washington Denturist Association
<http://www.wadenturist.com/findadenturist.aspx>
- ◆ Local CSHCN Coordinator
www.doh.wa.gov/Portals/1/Documents/Pubs/970-141-CoordinatorList.pdf
- ◆ Regional Maxillofacial Team
www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/ChildrenwithSpecialHealthCareNeeds/Partners/MaxillofacialTeams.aspx
- ◆ Washington Tobacco Quitline
www.quitline.com
- ◆ CSHCN Dentist Directory (UW)
<http://www.wsda.org/special-needs-directory/>
- ◆ Washington Health Benefits Exchange
<http://wahbexchange.org/>
- ◆ Washington Medicaid and Health Care Assistance
<http://www.hca.wa.gov/medicaid/pages/client.aspx>



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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



Oral Health for Infants 0 - 11 Months



Dental disease remains the #1 chronic disease in children.



The first baby teeth usually come in before age one.

Begin cleaning your baby's mouth at birth to **limit germs** that cause tooth decay.

Clean your baby's gums with a **moist cloth** after each feeding.

Use a moist cloth to wipe teeth or a small, soft toothbrush with a small, rice-size **smear of fluoride toothpaste** once teeth are visible.

Lift the lip to brush at the gum line and behind the teeth, twice a day (after breakfast and before bed).

A baby that usually goes to sleep while sucking on a bottle with milk, formula, or juice can get tooth decay. **Fill bottles with water** at nap and bed time.

If your baby uses a pacifier, do not dip it in honey or sugar. **Clean the pacifier** with water only.

Take your baby to a **dental provider by age one** or earlier if your baby has teeth.

Between meals fill a training (sippy) cup with **water only** (no milk, formula, or juice). Avoid frequent or prolonged use of a sippy cup.

Lift your baby's lip about once a month and look for white or brown spots on the front and back sides of the teeth near the gum line. See a dental provider if you notice any changes.

Moms and caregivers can pass germs that may cause tooth decay to young children through their saliva. Do not share cups and eating utensils, pre-chew food, or put a pacifier in your mouth before giving to your baby.

The dental provider or physician may recommend fluoride drops or fluoride varnish if your baby is at risk for tooth decay.