

Find Dental Care

- **Washington Information Network 2-1-1**
www.win211.org
- **WithinReach Answers for Special Kids (ASK) Line**
www.parenthelp123.org/families/dental-health
- **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>
- **Dental Hygiene Schools Dental Clinics**
www.wsdha.com/studentsection/schools
- **Free Clinic Association**
www.wafreeclinics.org/clinics.html
- **Washington Denturist Association**
www.wadenturist.com/findadenturist.aspx
- **Washington State Dental Association**
www.wsdanet.org/wsdassa/censsacustlkup.query_page



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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 Resources

- **Local ABCD Coordinator**
www.abcdental.org/pdf/abcd_program_contact_list.pdf
- **Local CSHCN Coordinator**
www.doh.wa.gov/cfh/mch/documents/coordlst.pdf
- **Regional Maxillofacial Team**
www.doh.wa.gov/cfh/mch/maxillofacial_review_teams.htm
- **Medical Home Teams**
www.medicalhome.org/leadership/teams.cfm
- **Smile Mobile Schedule**
www.deltadentalwa.com/Guest/Pulic/AboutUs/WDS%20Foundation/~mdia/PDFs/About%20Us/Foundation/smilemobile_schedule_2011.ashx
- **Area Agencies on Aging**
http://www.agingwashington.org/local_aaas.asp
- **Washington Tobacco Quitline**
www.quitline.com



Partners promoting healthy people in healthy places

www.doh.wa.gov/healthycommunities

Oral Health for Children 1 - 5 Years



Dental disease remains the #1 chronic disease in children.



Limit fruit juice to no more than half a cup (4 oz) a day.

Most baby teeth come in between ages one and five. **Baby teeth are important.** They hold space in the jaw for the permanent teeth.

You can pass germs that may cause tooth decay to your child through saliva.

Do not share cups or eating utensils, pre-chew your child's food, or put a pacifier in your mouth before giving it to your child.

Wean your child from the bottle by age one.

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

Avoid frequent or prolonged use of a sippy cup.

Give your child tap water that is optimally fluoridated. **Fluoride in water** is safe, effective, and keeps teeth strong for all ages.

Brush your child's teeth after breakfast and before bed. Teach your child to spit out all excess toothpaste. **Avoid rinsing** with water afterward.

Children younger than two **do not need** fluoride toothpaste unless recommended by a dental provider.

The dental provider or physician may recommend fluoride drops, fluoride varnish or a smear of fluoride toothpaste for children younger than two at high risk for tooth decay.

After age two, use a small pea-sized amount of fluoride toothpaste. Make sure your child spits out any excess toothpaste.

Lift your child's lip regularly 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 changes.

Take your child to a dental provider by age one. Dentists and dental hygienists are available in private dental offices, community health clinics, schools, and mobile vans.