

# Whatcom County Dental Services for Children

## Access to Baby and Child Dentistry (ABCD) 676-6762

For children 0–5 years old with DSHS medical coupons. Referrals are made to private practice dentists participating in the ABCD program.

## Interfaith Community Health Center 676-6177

Interfaith accepts DSHS medical coupons and private insurance for children 0–18 years old. Affordable payments for the uninsured.

## Lummi Tribal Health Center 384-0464

Provides dental care for tribal members.

## Sea Mar Community Health Center 738-3016

Sea Mar accepts DSHS medical coupons and private insurance for children 0–18 years old. Affordable payments for the uninsured.

## Private Practice Dentists

Inquire if your dentist sees infants and toddlers, or check the Yellow Pages. For private dentists who accept children 0-5 years old with DSHS medical coupons, see ABCD program above.

Check the  
phone book  
for a complete  
listing of area  
dentists.



Give your child  
the gift of  
healthy teeth for life.  
Follow the  
10 Simple Ways  
found in  
this brochure



## Is Your Baby Protected from Cavities?


- |     |  |                                 |                                |
|-----|--|---------------------------------|--------------------------------|
| 1.  | I check my child's teeth for spots or problems at least once a month.          | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 2.  | My child had or will have a first dental screening by age one.                 | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 3.  | My child takes fluoride drops or a tablet daily, or drinks fluoridated water.  | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 4.  | I brush my child's teeth or clean my baby's gums every day.                    | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 5.  | My child has sweet drinks and foods only for special occasions, or with meals. | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 6.  | My child finishes the bottle or nursing before going to bed.                   | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 7.  | My child stopped or will stop using a bottle by age one.                       | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 8.  | My family does not share toothbrushes.   | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 9.  | I help my children under age six with brushing.                                | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |
| 10. | I brush and floss my teeth and visit the dentist regularly.                    | Yes<br><input type="checkbox"/> | No<br><input type="checkbox"/> |

Give yourself **1 point** for each question you answered "yes."  
**8-10 points:** Keep up the good work! Practice the "10 Simple Ways" to protect your baby's smile found in this brochure.  
**0 - 7 points:** Your baby is not protected from cavities. Practice the "10 Simple Ways" in this brochure to protect your baby's smile, and make a dental appointment for your child. **If you don't have a dental provider, see the resource list on the back of this brochure.**

## 10 Simple Ways



## You Can Protect Your Baby's Smile

- Tips for Parents
- Local Dental Resources 
- Family Dental Checklist

Brochure developed by: St. Joseph Hospital,  
Whatcom County Health Department,  
and a coalition of Whatcom County physicians and dentists



Technical review: University of Washington,  
Department of Pediatric Dentistry.

# 10 Simple Ways You Can Protect Your Baby's Smile



## 1. Lift the lip

Babies change quickly, so it's important to lift your baby's lip and look for changes on your baby's teeth monthly. If you notice white or brown spots on the teeth, or anything unusual, phone your baby's dentist or ask your doctor.

## 2. Take your baby to the dentist

All babies should have their teeth checked by a dentist or doctor by the first birthday. First dental visit by first birthday, unless otherwise recommended by your doctor or dentist.

## 3. Protect your baby's teeth with fluoride

Fluoride is a mineral that helps make teeth stronger and better able to fight cavities. Ask your baby's dentist or doctor about fluoride varnish applications. If your tap water is not fluoridated, check with your baby's doctor or dentist to see if your child will benefit from fluoride drops or tablets.

## 4. Brush daily

Clean your baby's teeth every night before bed. The younger you start, the easier it is to develop the habit. You can place your child's head in your lap to allow for enjoyable and effective brushing.

Clean infant gums and first teeth with a moist cloth or small soft toothbrush. For babies with more teeth, use a small (rice grain size) bit of fluoridated toothpaste on a soft toothbrush.



## 5. Limit sugar

Bacteria that cause cavities feed on sugar. More sugar causes more cavities. Limit juice and save soda-pop for special occasions. Offer water at other times when your child is thirsty.

## 6. No bottles in bed

Formula, milk, juice and breast milk cause cavities when left in your baby's mouth while sleeping. If you must give your baby a bottle in bed, fill it with plain water.

## 7. Wean from bottle to cup by one year

Begin offering a sippy cup at 6 months; wean from the bottle by age one.

## 8. Don't share germs

Cavities are caused by bacteria. Bacteria are passed to babies through saliva. Avoid sharing toothbrushes with your baby. Regular brushing and dental care for you and your children can help lower the risk of spreading cavity-causing bacteria.

## 9. Help children brush up to age six

Pay attention to bedtime brushing and encourage brushing after breakfast as well.

## 10. Take care of yourself

Your children learn by watching you. Show them that you value a healthy body and a healthy smile. Brush and floss your teeth, make regular dental visits, and take good care of yourself.

