

## WHY?

By the time kids are in kindergarten, 50% already have dental problems. Regular dental visits can help catch early signs of cavities and stop new cavities from forming.

## HOW CAN YOU HELP?

### AGE 0-1

Feed your baby before bedtime. **NEVER** allow your infant or toddler to FALL ASLEEP with a bottle containing anything other than water. Gently wipe your baby's gums with a washcloth until the first tooth arrives—then switch to a soft toothbrush.

### AGE 1-2 YEARS

Brush your child's teeth in the morning and before bed with a tiny smear of fluoride toothpaste. Look closely for any signs of early cavities (chalky white-brown areas on teeth near gums). Ask your dentist to apply fluoride varnish to your child's teeth. Your child should now be drinking from a cup, not a bottle. Give milk or juice only at mealtimes and give water in between.

### AGE 2-6 YEARS

Continue brushing your child's teeth every morning and before bed with a pea-sized amount of fluoride toothpaste. Children under 7-10 years old can't do a good job without your help, but let them practice after you have done your part. Limit sugary drinks and foods every day.

### AGE 6-12 YEARS

Let children brush their own teeth, but continue to help them to be sure they are doing a good job. Help them floss their teeth before bed. As soon as a permanent tooth comes in, talk to your child's dentist about dental sealants and fluoride to prevent cavities. Continue to limit sugary drinks and foods every day.

### AGE 12+ YEARS

Continue to check that your child brushed at least twice a day. Limit sports drinks and sodas. Avoid energy drinks altogether. Talk to your child's dentist about mouth guards for sports.

### AT ANY AGE

You, the parent, can help prevent cavities. Ask your dentist to apply fluoride varnish to your child's teeth. Don't share toothbrushes. Don't be afraid to ask questions. Your dentist is there to help.



### **HISTORY:**

1998 voters passed Proposition 10, adding a 50-cent tax to each pack of cigarettes sold to create **First 5 California**. First 5 California is dedicated to improving the lives of California's young children (0-5 years old) and their families through a comprehensive system of education, health services, childcare.



# MARIPOSA COUNTY HEALTH DEPARTMENT

## Dental Health

### DENTAL EXAMS, EDUCATION, & FOLLOW-UP



### WHO DO I CALL TO SEE IF MY CHILD QUALIFIES?

Mariposa County Health Department  
209-966-3689 or 1-800-459-4466

### OR VISIT:

Mariposa County Health Department  
5085 Bullion Street  
Mariposa, CA 95338  
Monday-Friday 8AM-5PM  
(except holidays)

## PROGRAM INFORMATION



### WHAT IS IT?

A Mariposa County Dental Health Program for children under 6 years of age.

- ⇒ Funded by FIRST 5.
- ⇒ Implemented by Mariposa County Health Department.



### WHO QUALIFIES?

Mariposa children under the age of 6 years old whose family meets the income eligibility criteria. (Please call the Health Department to see if your child qualifies.)

### WHAT IS THE PURPOSE OF THE MARIPOSA COUNTY HEALTH DEPARTMENT DENTAL HEALTH PROGRAM?

- ⇒ Educate parents on the importance of dental health, so their children can reach their optimum health!
- ⇒ To prevent tooth decay.
- ⇒ Prevent gum disease.
- ⇒ Assist with dental treatment if needed.

### WHERE DO I GO FOR THIS DENTAL HEALTH PROGRAM?

A **Dental Hygienist** will visit you!

### WHAT WILL THE DENTAL HYGIENIST DO?

- ⇒ Demonstrate proper dental hygiene.
- ⇒ Provide educational materials.
- ⇒ Provide a toothbrush, floss, dental timer, toothbrush, and calendar.
- ⇒ Schedule a dental exam with a local dentist. There is no cost to you for this exam.

### WHAT WILL THE DENTIST DO ?

The Dentist will:

- ⇒ Orient children and families to the office.
- ⇒ Educate as appropriate.
- ⇒ Screen if and when the child cooperates.
- ⇒ Provide necessary dental care.



## WHEN SHOULD YOUR CHILD SEE THE DENTIST?



### AGE 0-1 YEAR

As soon as their first tooth comes in or by their first birthday, whichever comes first.

### WHY?

Germs causing cavities can be present even before the first tooth comes in. Germs are passed from mothers/caregivers to babies through saliva, kissing, etc. At the initial visit, ask about the use of the bottle and the sippy cup; brushing, flossing, fluoride and xylitol use and their benefits; and proper diet low in sugar.

### AGE 2+ YEARS

A child should see a dentist every six to twelve months, or as recommended by your child's dentist.

