

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**
<https://m360.wacmhc.org/frontend/search.aspx?cs=3144>
- **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



Washington State Department of

Health

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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**
<http://abcd-dental.org/pdf/roster.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**
http://www.deltadentalwa.com/Guest/Public/AboutUs/WDS%20Foundation/~media/PDFs/About%20Us/Foundation/smilemobile_schedule_2012.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 6 – 12 Years



Dental disease remains the #1 chronic disease in children.



Most adult (permanent) teeth come in between ages 6 and 12.

Remind your child to **brush with fluoride** toothpaste twice a day after breakfast and before bed with a soft toothbrush. Floss every night.

Teach your child to use a **pea-sized amount** of fluoride toothpaste. Make sure your child spits out any excess toothpaste. Avoid rinsing with water afterward.

Dental sealants prevent tooth decay. Ask your child's school if it has a school sealant program.

Limit juice, soda (including diet), and sports drinks between meals.

Be sure your child gets dental sealants. **Sealants prevent tooth decay.** Sealants are applied to the first and second permanent molars around ages 6 and 12. See if your child's school has a sealant program.

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

Prevent your child from face and mouth injuries by encouraging them to **play safe**, wear a helmet, use a mouth guard, and wear a seat belt.

Sweet and starchy foods (sticky fruit snacks, cookies, crackers, and chips) may cause tooth decay. Encourage your child to eat these foods at meal time. In between meals, snack on fresh fruit, vegetables, cheese, or nuts.

Teach your child to avoid alcohol, tobacco, and recreational drugs. They can cause many dental problems. Meth use can lead to severe dental problems and complete tooth loss.

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