Dental Health Begins with Your Child’s First Tooth

- Every child should visit the dentist by their first tooth or first birthday
- Talk to your dentist about how you can help prevent cavities
- If you give your baby a bottle at bedtime, only give water – no milk, formula, juice, or sweet drinks
- 1 in 4 elementary school age children have tooth decay
- Clean your infant’s gums with a clean, damp cloth twice a day
- Help your child brush in the morning and before bed

If your child is enrolled in Medi-Cal, he or she has dental benefits. Contact any one of the following for more information or to make an appointment:

DHCS 800-322-6384 / denti-cal.ca.gov

Dientes Community Dental 831-464-5409 / dientes.org

Salud Para La Gente 831-728-0222 / splg.org

Central California Alliance for Health 831-430-5500 / ccah-alliance.org

Referred by: ____________________________ Date: _____________