Resources for Dental Care

• Call 211

• Snohomish Health District
  www.snohd.org

  From the home page, select ‘Find a Low-cost Dentist’ from the left side bar. Then click or print Low Cost Dental Resources.

• 425.339.5219 (recorded message)
  Call if you want a list of dentists that currently accept Medicaid or provide low cost dental care

• WithinReach
  www.parenthelp123.org
  Online eligibility for Medical/dental coverage.

Toddlers – Safety first
Prevent falls and damaging teeth:
• Safety gates on stairs.
• Use car seats ALL the time.
• Use helmets when riding on bikes and tricycles.
• Use safety belts in shopping carts.
• Never leave your baby unattended.

Protect early walkers from injury:
• Remove furniture with sharp edges.
• Keep a hand ready to steady.

Teething toddlers will put everything and anything in their mouth:
• Use safety locks on cabinets and drawers.
• Keep all poisonous substances locked away, out of sight and reach.
Feeding Practices
Offer toddlers three meals and two snacks a day. (No grazing!)
• Give food, milk, juice sitting in a high chair or at the table. Avoid letting
children eat and drink while they play.
• Let toddlers feed themselves.
• Offer toddlers food they can pick up.
• Offer a spoon to eat with, if they have not grabbed one from you yet.

Use the Cup
As toddlers eat more foods, they drink fewer bottles.
Using a cup helps to:
• prevent tooth decay
• prevent earaches
• prevent low-iron
• reduce overweight toddlers
• begin weaning
√ No more bottles after 14 months!

Pacifiers and Thumb Sucking
• Sucking is comforting to many toddlers.
• Ignore thumb sucking and pacifier use.
√ After age two, ask your dentist or doctor about weaning.

Cleaning your Toddler’s Teeth
Wipe the gums with a soft, moist cloth each day. When new teeth come in use a soft toothbrush with a tiny smear of toothpaste.
Children will need your help to clean their teeth and learn to spit. When they can spit well use a pea-size amount of fluoride toothpaste. Please continue to help them until they are 7 or 8 years old.

Fluorides
Ask your dentist or doctor if your toddler needs:
• fluoride toothpaste
• fluoride supplements if no fluoride in drinking water