



The Anderson Center for Oral Health

Dental Care and Access to Care

Why You Should Take Care of Your Child's Teeth

- Prevents painful toothaches
- Reduces loss of time from school
- Promotes a healthy mouth into adulthood

Can't brush?

- Avoid sugary drinks, if you do drink or snack, brush your teeth immediately afterwards.
- Drink water throughout the day. Tap water is safe and a good source of fluoride.

Name of Dental Provider
Address ()
Phone

How to Take Care of Your Child's Teeth

- Step 1** Take your child to a dentist when you see their first tooth (or age 1).
- Step 2** See your dentist twice a year or as recommended.
- Step 3** Establish a routine in the morning and night. At night start a brush, book, bed routine after your child finishes their last meal or drink for the day. Treat your child to a story to encourage reading after brushing their teeth.
- Step 4** Call **1-800-322-6384** for help to schedule a free dental check-up.

Start early and stay consistent with your child's care.



The Medi-Cal Dental Program provides, FREE or low-cost dental services.

Call **1-800-322-6384** or go to the SmileCalifornia.org website for help to find a dentist and learn about free or low-cost dental services offered with Medi-Cal.



As a Medi-Cal member, you have free or low-cost dental care services.

Services may include:

- Dental check-ups
- Teeth cleaning
- Fillings
- Fluoride varnish
- Emergency services, and more.

SmileCalifornia.org is available in several languages or call **1-800-322-6384** for language assistance.

To apply for Medi-Cal, find a dentist or learn more:
Visit: 211sandiego.org Or call 2-1-1
Visit: SmileCalifornia.org Or call 1-800-322-6384

