

## Welcome, let's get started!

### Choose

Choose a dentist from the list provided by your Access to Baby and Child Dentistry (ABCD) Coordinator.

### Call

Make an appointment and be sure to let them know your child is in the ABCD program.

### When to go

When child's first tooth comes in or by age 1.

### ProviderOne card

Bring to EVERY dental appointment.

### Change or cancel appointments

Call your dentist AT LEAST 24 hours in advance.

### Fluoride

Be sure that the dentist or doctor prescribes fluoride for your child.

### About the ABCD Program

#### Who is eligible?

- Children ages 0-5 with an Apple Health card who live in Washington state

#### What does my child get from the ABCD Program?

- 3 fluoride varnish applications per year
- 2 dental examinations per year
- 2 parent education sessions per year
- Dental care as needed



### Anxiety about the dentist?

#### How to make dental visits stress-free:

- Arrive to the visit on time
- Bring your child's ProviderOne Services Card
- Stay in the waiting room if asked to do so by the dentist
- Clean teeth and bathe before dental visit
- Bring any needed items to your appointment such as diapers and wipes
- Only bring the child who has an appointment to the dentist (if possible)

#### Here are some tips to help!

- Prepare a list of questions to ask the dentist
- Let the dentist know about any bad dental visits or fears your child has
- Let the dentist do most of the explaining about what will be done during the visit
- Avoid using the dentist as a threat or using negative words when talking about dental visits