

# Access to Baby and Child Dentistry (ABCD)



Access to Baby & Child Dentistry™

# 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



Access to Baby and Child Dentistry (ABCD) Program 1101 W. College Ave., Spokane, WA 99201 509.324.1651 | srhd.org/abcd

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#### 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