

Dental Emergencies

For any dental emergency call your dentist as soon as you can!

For a knocked out tooth:

- * Rinse mouth out with water
- * Use a clean cloth to press down gently on the hole in the gum to stop any bleeding.
- * Do not scrub the tooth
- * Put the tooth in a glass of cold milk, water, or place it between the lip and gum to keep it wet
- * You may try putting the tooth back in the socket and take the child to a doctor, nurse, dentist, or emergency room for assistance.

ABCD Dentists

Not all area dentists are part of the ABCD program. We will set you up with one that is. Each dentist who wants to be a part of the ABCD program is trained in the latest techniques for treating young children, mostly those 6 and under. Each dentist is also given the latest information on Early Childhood Oral Health.



Be A Cavity Buster, Brush and Floss Regularly

For more information on ABCD or to sign your child up, contact:

Penny Outreach Coordinator (360) 336-9392
Emily Outreach Coordinator (360) 419-3320



**SKAGIT COUNTY
PUBLIC HEALTH DEPARTMENT
700 S. 2nd Street, Rm. 301
Mount Vernon, WA 98273**



Do you have a child under 5 years of age?

Does your child use medical coupons?

Do you live in Skagit County?



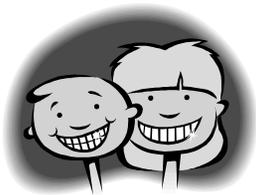
Let us Help!

What ABCD Will Do:

- Give your child a great start with their dental health.
- Provide referrals to ABCD dentists.
- Offer friendly care appropriate for young children.
- Teach you how to help your child be cavity-free.

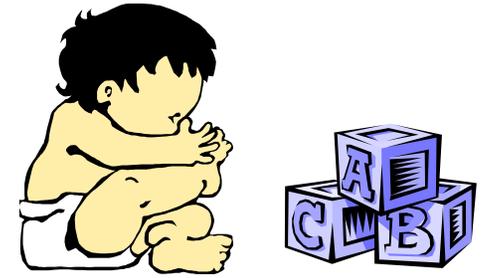
Benefits Offered:

- 1 initial dental exam
- 2 dental exams per year (6 months apart)
- 3 fluoride varnish applications per year
- 2 parent education sessions per year
- Fillings and other dental work, as needed



Keep That Smile Healthy!

- First teeth are important! Caring for baby teeth is key to healthy teeth for a lifetime.
- Check your baby's teeth! Lift the lips and check your child's teeth once a month. If you see white or brown spots call the dental office right away.
- Start dental visits early! Dental visits should start by the first birthday.
- Clean your child's teeth daily! Use a clean moist cloth, or small soft toothbrush. Pay special attention to bedtime brushing.
- Use fluoride to make teeth strong! Ask the doctor or dentist about fluoride supplements and treatments.
- Prevent baby bottle tooth decay! If you must put your child to bed with a bottle, fill it only with plain water.
- Take care of your own health! Children learn by watching you.



First Tooth?
First Birthday?
First Dental Visit!

Baby Teeth Are Important Because They:

- Help children eat and speak clearly
- Shape their face
- Help guide adult teeth into place

For more information about enrolling your child in ABCD, please contact:

Access to Baby and Child Dentistry

SKAGIT COUNTY PUBLIC HEALTH

Penny
(360) 336-9392

Emily
(360) 419-3320

