



Dental Health Program

# Access to Baby and Child Dentistry (ABCD)



## 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



Dental Health Program  
1101 W. College Ave., Spokane, WA 99201  
509.324.1478 | TDD 509.324.1464 | srhd.org/abcd