



Giving Sacramento Families Something to Smile About!



Visit First 5 Sacramento's
NEW Dental Website!
www.first5sacdental.org

Children's dental care and resources at your fingertips

- Videos highlighting local dental programs
- Resources for parents and dentists
- How to find dental insurance
- Flyers to view and/or download

5 NEW Dental Clinics in Sacramento County!

- The Effort Oak Park Clinic
3415 Martin Luther King Blvd.
(916) 737-5555
- The Effort North Highlands Clinic
6015 Watt Avenue, Suite 2
(916) 737-5555
- The Sacramento Native American
Health Clinic | 2020 J Street
(916) 341-0575
- The Effort South Valley Clinic
8233 E. Stockton Blvd. Suite D
(916) 737-5555
- East Sacramento/Rancho Cordova
Location to be announced 2012



www.first5sacdental.org



Tips For Healthy Teeth

Visit your dentist during pregnancy. Dental treatment is safe.

Take baby to the dentist by first tooth or first birthday. Don't wait until age two.

Give only water in the bottle at bedtime.

Water with juice still has sugar and acid that hurts baby teeth. Give water between meals.

Babies can catch cavities from an adult or playmate. Make sure the whole family has healthy teeth.

Establish a family dentist for your baby by age one.

Apples fight cavities, but apple juice causes cavities!

It is dangerous to give your baby honey. Clean pacifier in soap and water and don't dip it in anything sweet.

Each family member uses his or her own toothbrush, spoon, fork or cup.

Choose healthy foods like cheese, milk, apples, fresh cranberries and high fiber foods to keep cavities away.

Only use a dab of fluoride toothpaste (size of a grain of rice) every time you brush baby's teeth.

