

## Tips to Keep your Child Cavity Free



Wean off bottle, no bottles to bed



Use a toothpaste with fluoride



Help brush child's teeth 2X a day



First dental visit by age one



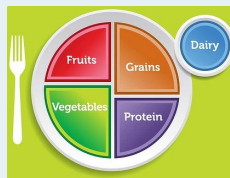
Dental visits for the whole family



Limit candy & junk food



No Soda



Choose Healthy Snacks

### Call for more information: Maricopa County Locations

The First Teeth First  
Oral Health Program  
602.372.4650

### East Valley Locations

Dignity Health  
Oral Health Program  
480.728.5709

[www.firstteethfirst.org](http://www.firstteethfirst.org)

SUPPORTED BY

 **FIRST THINGS FIRST**

First Things First works to ensure our youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed.

For more information about First Things First visit: [www.azftf.gov](http://www.azftf.gov)



## Creating Healthy Smiles Across Maricopa County





**Did you know?**  
Fluoride is a safe and effective way to prevent cavities!

## Our Services

- Basic dental screenings for children 0-5 years
- Fluoride varnish applications
- Dental screenings for expectant mothers
- Dental referral resources
- All services are provided by a Registered Dental Hygienist

## Our Service Locations

### East Maricopa:

**Chandler WIC** 602.506.9333  
(Arizona Ave. & Elliot)

**Chandler CARE Center** 480.728.5709  
(Galveston & McQueen)

**Paiute WIC** 602.506.9333  
(64th St. & Osborn)

**48th St. WIC** 602.506.9333  
(48th St. & Southern)

### Northwest Maricopa:

**Glendale WIC** 602.506.9333  
(51st Ave. & Glendale)

**Thunderbird WIC** 602.506.9333  
(55th Ave. & Thunderbird)

**First Southern Baptist Church MOMobile**  
602.406.4006  
(59th Ave. & Peoria)

### Phoenix North:

**Adelante WIC** 602.506.9333  
(43rd Ave. & Northern)

**Constitution Elementary WIC**  
602.506.9333  
(15th Ave. & Union Hills)

**Sunnyslope WIC**  
602.506.9333  
(Central Ave. & Dunlap)

### Phoenix South:

**Golden Gate WIC** 602.506.9333  
(39th Ave. & McDowell)

**Maryvale WIC** 602.506.9333  
(67th Ave. & Indian School)

**St. Mary's WIC** 602.506.9333  
(31st Ave. & Thomas)

**Roosevelt Immunization Clinic**  
602.506.8815  
(16th St. & Roosevelt)

**West Valley Immunization Clinic**  
623.474.2290  
(95th Ave. & McDowell)

**Mexican Consulate** 602.242.7398  
(3rd St. & McDowell)

### Southeast Maricopa:

**Baywood WIC** 602.506.9333  
(Broadway Rd. & Power)

**Broadway WIC** 602.506.9333  
(Broadway Rd. & Hobson)

### Southwest Maricopa:

**Avondale Care1st Resource Center**  
623.333.2703  
(Litchfield Rd. & Western)

**St. John Vianney Church MOMobile**  
602.406.4006  
(Central Ave. & Loma Linda)

## Oral Health Self Management Goals for Parents/Caregivers:

Client Name: \_\_\_\_\_

### Self Management Goal:

Choose three goals from the back of this brochure.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**On a scale of 1—10, how confident are you that you can accomplish these goals?**

1 2 3 4 5 6 7 8 9 10

Parent/Caregiver Signature: \_\_\_\_\_

Practitioner Signature: \_\_\_\_\_

**Reminder** - The last thing that touches your child's teeth before bedtime is the toothbrush.



## Consejos para mantener a sus niños libre de caries:



Reduzca el uso de biberón, no biberón al dormir



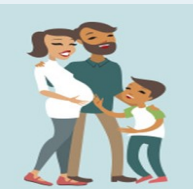
Use una pasta con fluoruro



Ayude a su niño a cepillarse los dientes, dos veces al día



Primera visita al dentista al primer año de edad



Visitas al dentista para toda la familia



Limite dulces, y comida chatarra



No Soda



Escoja Aperitivos Saludables

## Llame para mas información: Localidades en el Condado de Maricopa

First Teeth First  
Oral Health Program  
602.372.4650

## Localidades en el Este del Valle

Dignity Health  
Oral Health Program  
480.728.5709

[www.firstteethfirst.org](http://www.firstteethfirst.org)

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 **FIRST THINGS FIRST**

First Things First trabaja para asegurar que nuestros niños más pequeños tengan acceso e experiencias de primera infancia de calidad para que comiencen la escuela saludables y listos para tener éxito.

Para más información sobre First Things First, visite: [www.azfff.gov](http://www.azfff.gov)



## Creando Sonrisas Saludables por todo el Condado de Maricopa





### ¿Sabia Usted?

El fluoruro es seguro y eficaz en ayudar prevenir las caries.

### Nuestros Servicios

- Examen básico de dientes para niños de 0-5 años de edad
- Aplicaciones de fluoruro
- Examen básico de dientes para mujeres embarazadas
- Recursos para servicios dentales
- Todos los servicios son proporcionados por un higienista

### Nuestras Localidades

#### El Este de Maricopa:

Chandler WIC 602.506.9333  
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(Galveston & McQueen)

Paiute WIC 602.506.9333  
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48th St. WIC 602.506.9333  
(48th St. & Southern)

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#### El Suroeste de Maricopa:

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(Litchfield Rd. & Western)

St. John Vianney Church MOMobile  
602.406.4006  
(Central Ave. & Loma Linda)

#### El Sureste de Maricopa:

Baywood WIC 602.506.9333  
(Broadway Rd. & Power)

Broadway WIC 602.506.9333  
(Broadway Rd. & Hobson)

### Metas de Salud Oral para Padres o Tutor Legal:

Nombre del Cliente:

#### Metas:

Escoja tres metas que se encuentran detrás de este folleto.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### En una escala del 1 al 10, ¿Qué tan seguro está de poder lograr estas metas?

1 2 3 4 5 6 7 8 9 10

Firma del Padre o Tutor Legal:

Firma del Proveedor:

**Recordatorio:** Que sea el cepillo de dientes lo último que toque los dientes de su hijo antes de dormir.

