



Evaluation Newsletter

No. 2 in a Series

Dear Friend of First 5,

Welcome to the First 5 El Dorado Newsletter! This issue is devoted to children's oral health.

Surveys of parents involved in First 5 programs and services in 2008-09 indicate that many families miss opportunities to access oral health care for young children. In the 2008-09 surveys:



36% of children between the ages of 1 and 5 had not visited a dentist or other oral health practitioner within the previous 12 months. Of parents that reported that their child had never seen a dentist or had not received dental care in more than 2 years, nearly two-thirds (65%) had dental insurance, indicating that insurance isn't the only factor related to oral health care access for young children in El Dorado County.

Using interviews and online surveys, First 5 El Dorado and SEI will learn from parents and families about the pathways and barriers to access routine oral health care for children in our community. Please take a few minutes to read about oral health care for children 0-5 and the resources available to families.

Sincerely,

Rick Alford
First 5 El Dorado

Sarah Marschall
Social Entrepreneurs Inc.

Healthy Teeth for Healthy Kids - Tips for Parents & Caregivers

Why are baby teeth so important?

Many parents wonder why it is necessary to care for the "baby teeth" when "these are going to fall out anyway." Baby teeth are important because they hold the space for permanent teeth. If the baby teeth come into an unhealthy mouth, they will become unhealthy too. Healthy teeth are also important for speech development and nutrition.

The first thing you can do to protect your child's teeth is to set a good example. Everyone knows that children love to imitate grownups and even the littlest ones will want to brush and floss if they see you do it. Secondly, learn what you need to know and do to keep their smiles sparkling. Here are a few helpful tips:

From birth to 1 year old:

- Prevent painful baby bottle tooth decay by not letting your baby fall asleep with a bottle in his or her mouth.
- Wipe or brush your baby's teeth daily, especially after eating, with a clean washcloth or a moist, soft child's toothbrush, without toothpaste.
- To avoid spreading the germs that can cause cavities, don't put anything in a child's mouth if it has been in your mouth. This includes spoons, cups and toothbrushes. The bacteria in your mouth can cause tooth decay in your child.
- It is important that you schedule a visit to a dentist by the time your child is 1 year old.

From 1 to 2 years old:

- Stop bottle-feeding at 12 months of age.
- Schedule a visit to the dentist by your child's first birthday. You want to find a "dental home" for your child and build a relationship with a dentist you trust. Ask friends or your pediatrician to give you the names of dentists who work well with children.
- Brush gums and teeth with a soft child's toothbrush, using a small pea-sized dab of fluoride toothpaste twice a day, morning and bedtime. Wipe off excess toothpaste until the child can spit it out.

From 2 to 3 years old:

- When your child is about 2 years old, brush their teeth with a pea size amount of fluoride toothpaste twice a day, especially before bedtime. Spit out excess.
- Give your child water rather than juice when thirsty. After 6 months of age, one small serving of juice a day is sufficient. It is also recommended that you dilute juice by adding an equal amount of water.
- Ask your child's doctor or dentist about putting fluoride varnish on your child's teeth. This is another great way to protect your child's teeth from cavities.

From 3 to 5 years old

- Help your child brush at least twice a day. Your child will need your help until he or she is about 8 years old.
- Take your child to the dentist at least once a year.
- After your child eats sweets, chips, crackers or juice, you should brush their teeth or rinse their teeth with water.

More tips can be found at the First 5 California Website:

[More tips for Parents and Caregivers](#)

Children's Dental Van

Coming Fall 2010

A collaborative partnership has been formed to provide mobile dental services including exams, varnishing and some treatment services for children without dental insurance or using MediCal. The new dental van will travel throughout El Dorado County beginning this fall.

Many community partners are involved in making the dental van a reality, including:

- First 5 El Dorado
- The Children's Oral Health Collaborative
- El Dorado County Health Services Department: Public Health Division
- Shingle Springs Tribal Health Program
- El Dorado County Office of Education



Resource Spotlight

You can learn more about dental and health insurance by calling ACCEL a project sponsored by First 5 through El Dorado County Public Health / Children's Health Initiative

What Do Parents and Caregivers Want to Know about Young

1-800-388-8690

Resource Spotlight

*Immunizations for
Entering Kindergartners*

Children who are entering kindergarten are required to be up to date on childhood immunizations. To see what's required, visit:

[CDPH Immunization Branch](#)

Resource Spotlight

If you do not have a dentist, now is the perfect time to find one! The California Dental Association can assist you in finding a dentist at

[CDA-Find A Dentist](#)

If your child has Medi-Cal/Denti-Cal insurance, you can get help finding a dentist who takes this insurance by calling 1-800-322-6384 or visiting the Denti-Cal Web site at

[Denti-Cal](#)

If your child has Healthy Families insurance, you can get help finding a dentist who takes this insurance by calling Healthy Families at 1-800-880-5305

Children's Teeth?

Prevention is the best way to protect your child's teeth. A dentist is trained to answer your questions and give you the tools you need to make sure your child's teeth will be healthy. That is why it is so important that you schedule a visit to a dentist by the time your child is 1 year old.

The following link includes some of the common questions that parents or caregivers have about their young children's oral health with helpful answers for you.

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Evaluation Contractor



Social Entrepreneurs Inc.

[Our Website](#)

or visiting thier website at

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[Healthy Families](#)

We would like your feedback! If you have information to share in the newsletter information you'd like to see shared, please fill out newsletter questionnaire.

<http://www.surveymonkey.com/s/F5Newsletter>

First 5 El Dorado
2776 Ray Lawyer Drive
Placerville, CA 95667

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Social Entrepreneurs Inc. | 6548 South McCarran Blvd. | Suite B | Reno | NV | 89509

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