

## Oral Health for Children

Regular dental care when your children are young helps establish good oral health care as they grow. You should observe your child's brushing habits while they are young—make sure they do not swallow fluoridated toothpaste.

Tips for keeping your child's teeth and gums healthy:

- Start using fluoride toothpaste around age 3 and only use a pea sized amount
- Brush twice a day for 2 minutes each time
- Begin flossing as soon as teeth touch
- Use a soft bristled toothbrush
- Limit sugary and sticky foods
- Visit your dentist every 6 months for cleanings
- Require children who play sports to wear a mouth guard to protect their teeth



Regular dental visits keep your child's teeth and gums healthy. There are two parts to a regular dental visit—the cleaning and the check up. If you or your child does not have a dentist or dental insurance there are resources on the back of this card to help you find a dentist, low cost care, or insurance.

**Ask your child's dentist about sealants and fluoride treatments to protect their teeth.**

## Low Cost Dental Clinics In Macomb County

### My Community Dental Centers—Warren

27690 Van Dyke Ave, Warren, MI 48093  
(586) 759-2326

- Located in the Macomb County Health Department's Warren office
- Takes Medicaid, Healthy Kids Dental and many more
- Fees based on income
- Discount for military veterans

### MyCare Health Center—Centerline

6900 10 Mile Road Center Line, MI 48015  
(586) 467-0980

- Open to everyone
- Takes Medicaid, Healthy Kids Dental and many more
- Fees based on income
- Evening and weekend appointments

### Community First Health Center—New Haven

58144 Gratiot Ave, New Haven, MI 48048  
(586) 749-8002

- Takes Medicaid, Healthy Kids Dental and many more
- Fees based on income
- Evening and weekend appointments
- Free rides

### Baker College School of Dental Education— Clinton Township

34401 S. Gratiot Ave., Clinton Township, MI 48035  
(586) 790-5238

- Very low-cost dental cleanings, x-rays & sealants
- Open to everyone - children, adults, veterans and seniors
- Pay at time of service— cash, check or credit card



### Find MI CARE—Free and Low Cost Care Finder

Enter your address and receive phone numbers, locations, hours, maps and directions.

<http://www.findmicare.org/>