

# Welcome, Let's Get Started!

## Choose

Choose a dentist from the list in this packet.

## 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 a way to throw away dirty diapers
- Only bring the child who has an appointment to the dentist (if possible)

### Here are some tips to help!

- 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