
RESOURCES

A Dental Home can be:

- A private dentist that accepts your insurance
- A private dentist where you pay out-of-pocket
- Duval County Health Department (DCHD) (ages 1-20):

Central Dental Center

515 West 6th Street: 253-1210

Royal Terrace Plaza Dental Center

1830 West 45th St. Suite 5: 253-1783

Wesconnett Dental Center

5150 Timuquana Rd.: 253-1680

South Jacksonville Dental Center

1722 University Blvd. S.: 253-1240

- Florida Community College at Jacksonville (FCCJ): 766-6571 (call well in advance for a dental cleaning appointment.) Minimum age 3 years; preventive care only is provided at FCCJ



Medicaid Clients: Not all Dentists accept Medicaid. Additionally, eligibility for Medicaid clients seeking dental care through DCHD is limited. Please call 253-1200 for more information.

Consider this...

If you smoke or use smokeless tobacco, you increase your risk of:

- developing oral cancer by **FOUR** times,
- having heart disease,
- staining your teeth, and
- having bad breath and mouth sores.



Sponsored by:

Oral Health for Children Coalition Partners:

Duval County Health Department; UF & Shands Jacksonville Departments of Emergency Medicine and Pediatrics; Northeast Florida Area Health Education Center; Florida Community College at Jacksonville Dental Programs; Healthy Jacksonville; Northeast District Dental Association; and Drs. H. Schneider and S. Suggs

Information on this program should be directed to The Duval County Health Department Dental Program:
253-1200

SaverTooth says:



Important information
for you and your
children to have a
healthy smile for life!

HOW TO GROW AND KEEP A HEALTHY SMILE THROUGH THE YEARS...



Infants and Toddlers

- After feeding your baby, wipe baby's gums clean with a soft, moist clean cloth; your baby's teeth are forming right under those gums!
- Avoid putting your baby to bed with a bottle. Breastmilk, formula, and juice will sit on the baby's gums causing cavities even before the teeth erupt.
- Avoid putting your baby's pacifier, spoons, straws, food, and drinks in your mouth; germs in your mouth will be passed onto your baby.
- Avoid drinks that are high in sugar: apple juice, sports drinks, Kool-Aid, sodas, etc.
- By about age 6 months, you should start to see teeth erupt. Continue to clean baby's teeth with a clean, moist, soft cloth or a baby's toothbrush after feedings and at bedtime.
- Take your baby to the dentist at about age one, yes age one!

School-Age Children

- Children of this age often skip brushing their teeth, make sure your child is brushing twice a day.
- Have your child floss once a day; before bedtime is best.
- Have your child brush with fluoride toothpaste and a soft toothbrush.
- Talk to your dentist about sealants for your child's molars.
- Avoid giving your child high sugar and sticky sweet snacks.
- Also avoid high sugar drinks such as Kool-Aid, sports drinks, and apple juice unless recommended by your pediatrician.



Adolescents

- Your teenager's diet is very important in keeping his/her teeth decay free. A balanced diet that is low in sugar (food and drink) is highly recommended!
- Have your teen brush at least twice daily and floss at least once a day.
- Consider dental sealants for your teen's molars; ask your dentist.
- All children should visit their dentist every 6 months for a dental cleaning and exam.



Adults

- It is very important for adults to have their permanent teeth as well!
- Visit your dentist every 6 months for a dental cleaning and exam.
- Brush your teeth after each meal and floss at least once a day.
- Take care of your gums by brushing gently; remember gums protect the tooth's root.



Do you have a Dental Home?

A DENTAL HOME is where you and your family have a specific dentist that you visit regularly.

This dentist gets to know you and your family's dental health so that he or she can recommend prevention and treatment options. These options may include sending you to other dental health specialists, which can be coordinated by your dentist's office.