



**Making A Dental Home For You  
and Your Child:**  
Dentistry for Individuals with Disabilities.



*Presented by the*  
**Consumer Caucus**  
*of the*  
New York State  
**Developmental Disabilities Planning Council**

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This pamphlet is one in a series intended to help individuals with disabilities get the oral health care they need. It was developed for all individuals with disabilities, their caregivers, dental professionals, and medical professionals associated with good oral health care.

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## **What is Oral Health Care?**

Oral health care means taking care of your mouth, including your teeth, gums, and jaws.

To have a healthy mouth means brushing 2 or 3 times a day, flossing once a day, and visiting a dentist every 3 to 4 months.

Healthy teeth are very important for your overall good health and the health of your children too.

Early dental care helps children feel good about going to the dentist. In this pamphlet, there is information to help you “build” a dental home for you and your child.

## **What is a Dental Home?**



A dental home is where you and your child get oral health care from a licensed dentist.

This dentist will always be available to work with you and your family.

Through the dental home, you will also have other dentists and doctors to help you get necessary services.

The people in your dental home are you, your child, and your dentist, doctor, and others who help you stay healthy.

They will help you get the care you need for good oral health.

The best way to get good oral health care is through a **dental home**.

### **How do I set up a dental home for my child and me?**



To start a dental home, you will have to find a dentist who knows how to work with people with disabilities.

You can look on the Office of Mental Retardation and Developmental Disabilities Task Force on Special Dentistry website to find a dentist in your county:

[http://www.omr.state.ny.us/hp\\_dentistry\\_locations.jsp](http://www.omr.state.ny.us/hp_dentistry_locations.jsp)

You can also ask your pediatrician or other parents.

You can call the Statewide Parent-To-Parent office at 518-381-4350 or 1-800-305-8817 and ask for names of dentists who provide services to individual's with disabilities.

Go to that dentist as soon as possible or at least by your child's first birthday.



**After I get to the dentist, what should I do?**



Let the dentist know about your communication methods and needs.



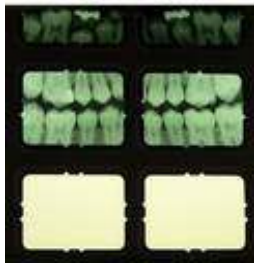
Ask about the proper care of teeth and gums.



Find out about the best foods to eat that make a healthy body and healthy teeth.



Ask the dentist to look carefully for cavities and other dental problems.



Get x-rays to help the dentist find cavities.



Make a plan to get any problems fixed, get teeth cleaned, and have regular check-ups.



Ask for a fluoride treatment for you and your child to keep teeth strong.



Ask about ways the dentist can help you with fear and anxiety.



Make a plan for dental emergencies.



Ask for sealants that protect your teeth  
and your child's teeth.  
Sealants can be used as early as age 6 on  
their molars.



Ask the dentist to think about how teeth  
will grow as you and your child get older.



Ask the dentist to refer you to other spe-  
cial dentists and doctors when you need  
extra help.



As your children gets older, ask the dentist if he or she will continue to take care of them.



Make your dental home a place where good feelings about dental care can grow for both you and your child.

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**Images:** Photos.com

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