

OC Pediatric Oral Health Collaborative: Tips to keep your child's teeth cavity-free



Brush your child's teeth two times a day for two minutes.



Ask your doctor or dentist about fluoride usage, benefits and application.



Never put your baby to bed with a bottle filled with anything except water.



Limit beverages and foods that are acidic and/or high in sugar content.



Floss your child's teeth before or after brushing every day.



The first dental visit for children is at the age one or when first tooth appears. From then on, every six months.



Replace your child's tooth brush every three months or sooner if they have been sick.

Orange County dental offices that provide low-cost and sliding-fee scale services for children

Healthy Smiles for Kids of Orange County
10602 Chapman Ave., Suite 200
Garden Grove, CA 92840
714-638-5990

Mobile Locations:

(714) 638-5990 ext. 7951
❖ El Sol Elementary School
331 W. Halesworth St., Santa Ana
❖ Oceanview High School
7214 Warner Ave., Huntington Beach
714-280-3574
❖ Clinic at the Park
OC Great Park, Irvine
❖ Families Forward
8 Thomas, Irvine

La Amistad Family Health Center
353 S. Main St.
Orange, CA 92868
714-771-8935

Friends of Family Health Center
501 S. Idaho St.
La Habra, CA 90631
562-690-0400 Ext.4

The Gary Center
341 South Hillcrest St.
La Habra, CA 90631
562-691-3263 Ext. 126

St. Jude Dental Clinic
7758 Knott Ave.
Buena Park, CA 90620
714-522-8723

Puente A La Salud
Mobile Locations:
Santa Ana, Anaheim, & Orange
714-771-8935

Camino Health Center
3033 Camino Capistrano
San Juan Capistrano, CA 90620
949-488-7682

Laguna Beach Community Clinic
362 3rd St., Suite 200
Laguna Beach, CA 92651
949-494-2111

**To obtain more information about these clinics please call:
(714) 638-7637**