



# **MEDICAL AND DENTAL HOME**

## What is a Medical and Dental home?

Having a Medical and Dental Home is defined as having insurance, and a primary care doctor and dentist. It is an **ongoing** relationship with the Doctor/Dentist and the patient. Having Well Child Checks every year and Dental exams every 6 months is recommended.

It's important for your child to have regularly scheduled checkups, often called well-child visits, beginning shortly after birth and lasting through the teen years.

These appointments allow your doctor to keep a close eye on your child's general health and development. Finding possible problems early gives your child the best chance for proper and successful treatment. Also, any concerns you have about your child can be discussed during these visits.

During these visits, the doctor examines your child and asks you questions about your child's development and behavior. Immunizations also are either given or scheduled at this time.

Your child's doctor will recommend a schedule for well-child check visits. Example for visits at different ages:

- 3 to 5 days old.
- By 1 month.
- 2 months.
- 4 months.
- 6 months.
- 9 months.
- 1 year.
- 15 months.
- 18 months.
- 2 years.
- 30 months.
- 3 years.

After age 3, well-child visits are usually scheduled yearly through the teen years.

## Important Steps for Dental Health

Regular dental exams are an important part of preventive health care.

During a dental exam for children, the dentist or hygienist will clean your child's teeth and evaluate your child's risk of tooth decay. A dental exam for



children might include application of various protective measures — such as sealants or fluoride treatments — to reduce the risk of decay. A dental exam for children might also include dental X-rays (radiographs) or other diagnostic procedures.

During a dental exam for children, the dentist or hygienist will likely discuss your child's diet and oral hygiene habits and demonstrate proper brushing and flossing techniques.

- Children should be taken to the dentist around their 1<sup>st</sup> birthday for their very 1<sup>st</sup> check-up, and every 6 months thereafter!
- If your baby is used to going to bed with a bottle, it's a good idea to help them transition out by adding water instead of milk.
- Baby teeth are important because they help children to speak clearly and to chew their food.

## **RESOURCES**

### **IDAHO AND UTAH MEDICAID**

**[HTTPS://MEDICAID.UTAH.GOV/APPLY-MEDICAID](https://medicaid.utah.gov/apply-medicaid)**

**[HTTP://HEALTHANDWELFARE.IDAHO.GOV/DEFAULT.ASPX?TABID=123](http://healthandwelfare.idaho.gov/default.aspx?tabid=123)**

Information resources for Children's Medical Health and for Children's Dental Health:

-Children's medical health resource in Spanish and in English: [webmd.com](http://webmd.com).

-Children's dental health resource in Spanish and in English: [medlineplus.gov](http://medlineplus.gov).

National web-site resources for locating all dentists and physicians (including Utah and Idaho) belonging to the American Medical Association or the American Dental Association:

-For a doctor: [apps.ama-assn.org/doctorfinder](http://apps.ama-assn.org/doctorfinder)

-For a dentist: [dentalreferral.com](http://dentalreferral.com)

Medical and dental providers in our service areas:

Cache Valley:

Doctors:

Cache Valley Hospital: (435) 713-9700

Budge Clinic Pediatrics: (435) 716-1940

Cache Valley Community Health Clinics / CVCHC (medical and dental): (435) 755-6061

Dentists:

ABC Pediatric Dentistry: 435) 787-2223

Cache Valley Pediatric Dentistry: (435)752-4330

## Bear Lake County:

### Doctors:

Bear Lake Family Care - 465 Washington Street Montpelier 83254 - 208-847-4495 - <http://www.blmhospital.com/clinics/>

Bear Lake Community Health Center - 325 w Logan hwy Garden City 84028 - 435-946-3660 - <http://blhc.org>

Montpelier community health center - 152 s 4th Street Montpelier 83254 - 208-847-2108 - <http://blhc.org>

### Dentists:

Bear Lake Dental - 214 s 5th Street Montpelier 83254 - 208-847-0153 - [www.bearlakedental.com](http://www.bearlakedental.com)

Dr. Hammond - 455 Washington Street Montpelier 83254 - 208-847-1235

## Box Elder County

### Doctors:

Bear River Family Medicine Clinic (Tremonton, Utah) 435-207-4800

Brigham Pediatric Clinic (Brigham City, Utah) 435-734-2433

### Dentists:

Jenson Family Dentistry (Brigham City): (435) 538-2500

Jesse Low Pediatric Dentistry (Brigham City, Utah)- (435) 723-2223

Kay Christensen (Tremonton, Utah)- (435) 257-5678

## Franklin County

### Doctors:

David Beckstead, MD (Preston, Idaho) :208-852-3851

Dr. Stuart Knapp, MD (Preston, Idaho): (208) 852-2900

### Dentists:

Kelley Family Dentistry (Preston, ID): (208) 852-2564

Harris Denture Design (Franklin, Idaho) 208-6466-2211

## Oneida County

### Doctors:

Oneida County Clinic: (208) 766-2600- 220 Bannock St # A, Malad City, ID

### Dentists:

Malad Valley Dental Clinic: 208-766-2204

## Caribou County

### Doctors:

Caribou Medical Clinic: (208) 547-4961- 366 S 3rd W, Soda Springs, ID

### Dentists:

Mountain View Dental Clinic: (208) 547-2220- 390 South 3rd St W, Soda Springs, ID 83276

# ACTIVITY

**-Talk to your child about going to the dentist. Set up a dental exam or a follow up appointment. Schedule a Well Child Exam with your family physician. If you do not have one, ask your advocate for a suggestion on one.**

**Male/Father Engagement:** This month go for a walk with your child. Collect items from the walk and make an art piece. Talk about the items found. Where do you think it came from? What color is the leaf?