



# First Birthday, First Dental Visit

*A Friendly Dental Visit*



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**Middlesex-London Health Unit**  
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[www.healthunit.com](http://www.healthunit.com)

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### Why should my child have a dental check-up by their first birthday?

Health Canada, the Canadian Dental Association and the Canadian Pediatric Society recommend children be seen by a dentist by their first birthday.

The Middlesex-London Health Unit provides *Friendly Dental Visits* at no-cost.



### What is a *Friendly Dental Visit*?

- ✕ We discuss the cause of cavities (tooth decay) and how to prevent them
- ✕ We discuss how to clean your child's mouth at home
- ✕ We discuss your child's diet

A *Friendly Dental Visit* at the Health Unit does not replace a dental exam or check-up with your dentist.

### Who qualifies for a *Friendly Dental Visit*?

Any parent who would like their child's teeth screened by a dental hygienist.



Photo adapted and used with permission from the University of North Carolina

### Where is the *Friendly Dental Visit* provided?

Only at the Middlesex-London Health Unit's 50 King Dental Clinic

### How do I book an appointment?

Call the:  
Oral Health Team  
519-663-5317 ext.2231



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