



Dental Care for Children

- If your family's water supply comes from a private well, talk to your dentist or child's medical doctor about the need for fluoride supplements/drops. Fluoride is an essential compound that helps protect teeth against cavities and is usually available in city water supplies as well as in surface treatments to the teeth that are done in dental offices. Fluoride supplements should begin at about 6 months of age or with the eruption of the child's first tooth. Some private well water contains naturally occurring fluoride which would make fluoride supplements unnecessary. Therefore, it is usually recommended that individuals have their well water tested for natural fluoride to avoid giving children unnecessary fluoride drops. Talk to your dentist to find a laboratory in the area that will test for naturally occurring fluoride in well water or contact Sherburne County Zoning Department's water testing program for more information about fluoride testing. Sherburne County Zoning can be reached at 763-765-4459 or 1-800-438-0578.
- To prevent dental decay, never put your baby or toddler to bed with a bottle at naptime or at night. Drinks other than water, including milk, formula, and juices contain sugar that causes tooth decay. If you are trying to break the habit of putting your child to bed with a bottle, use water in the bottle to avoid sugary liquids.
- If your child is bottle feeding, begin switching from a bottle to a cup by one year of age. Breast fed babies over the age of 9 months can switch from breast directly to a cup whenever mother and baby decide to wean.
- If you have dental insurance and are having difficulty finding a dentist in the area, consult your insurance company's directory of providers or call your insurance company's customer service number listed on the back of your insurance card to obtain the names of clinics that are covered by your insurance.
- If you do not have dental insurance or if you are on Medical Assistance (MA) and you do not have a dental provider, call Sherburne County Health & Human Services Department at 763-765-4000 if you would like assistance in finding a dental provider.

- **Dental checkups are recommended every six months starting at age one. You may make an appointment earlier if you notice cavities or have special concerns about you about your child's teeth. A checkup at the dentist includes a dental examination, cleaning, and x-rays as needed.**
- **Appointments for any treatment will be made as needed.**
- **Remember to bring your Health Care card to all appointments.**

HealthPartners and Blue Plus members may call the following numbers if you have any questions or need assistance finding a dentist:

Blue Plus: 651-406-5907 or 1-800-774-9049 **Health Partners:** (952) 967-7998 or 1-888-885-8880

Dental Resources



<http://www.findadentistmn.org>-New from the MN Oral Health Coalition- Oral Health Dental Directory of Dental Providers who treat patients on government programs or no insurance.



[Delta Dental of Minnesota - Employee Benefits and Individual Dental Insurance \(deltadentalmn.org\)](http://deltadentalmn.org)-Delta Dental/Minnesota Select Dental

SHERBURNE COUNTY AREA CLINICS

Accept MA but not accepting new patients. We encourage to call, as this can change or you can be placed on a wait list.

- **St. Cloud Technical College Dental Hygiene Program: 320-308-5919** (Closed during summer, start scheduling appts in August)
- **Becker Family Dentistry, Becker: 763-261-5350**
- **St. Cloud Family Dentistry, St. Cloud: 320-529-0910**
- **Today's Dental, St. Cloud: 320-774-2556** (Take new patient with PMAP for pain/restorative only at this time)
- **Corner Oaks Family Dental, Big Lake: 763-263-3262**
- **Elk River Family Dentistry, Elk River: 763-441-9181** (MA only current patients)
- **Park Dental-Elk River 763-201-1313**

OUT OF COUNTY PROVIDERS

- Apple Tree Dental, Coon Rapids: 763-784-7570
- Community Dental Care, Robbinsdale: 763-270-5776 (<https://www.cdentc.org/>)
- Al Shifa Dental, Maple Grove: 763-559-3400
- U of M Dental Clinics and School of Dentistry, Minneapolis: (612) 625-2495, opt 3, www.dentalclinics.umn.edu/dental-clinic
- Gentle Dentistry, Coon Rapids, New clients MA with Blue Plus, Ucare, Hennepin, United Insurance, 763-225-8448, <https://smilemn.com/locations/>

