WHERE ARE WE LOCATED?

North Phoenix
Adelante Healthcare
1.877.809.5092 (43rd Ave & Northern)
Constitution Elementary WIC
(15th Ave & Union Hills)
Sunnyslope WIC (Central Ave & Dunlap)

Central Phoenix
Golden Gate WIC (39th Ave & Almeria)
Mexican Consulate
602.242.7398 (3rd St & McDowell)
Roosevelt Immunization Clinic
602.506.8815 (16th St & Roosevelt)
St. Mary’s WIC (31st Ave & Thomas)

East Valley
48th Street WIC (48th St & Southern)
Baywood WIC (Broadway & Power)
Broadway WIC (Broadway & Olive)
Chandler WIC (Arizona & Elliot)
Chandler CARE Center (Galveston & Jackson)

West Valley
Avondale Care1st Resource Center
623.333.2703 (Litchfield Rd & Western)
Glendale WIC (51st Ave & Lamar)
Maryvale WIC (67th Ave & Indian School)
Thunderbird WIC (55th Ave & Thunderbird)
West Valley Immunization Clinic
602.506.5888 (95th Ave & McDowell)

CONTACT US

Maricopa County Locations
The First Teeth First Oral Health Program
602.372.4650

East Valley Locations
Dignity Health Oral Health Program
480.728.5709

FirstTeethFirst.org

HEALTHY TEETH, LASTING SMILES

FIRST THINGS FIRST

First Things First works to ensure our youngest children have access to quality early childhood experiences so they will start school healthy and ready to succeed.

For more information, visit www.azftf.gov

*All WIC clinics can be reached at 602.506.9333
**OUR SERVICES**
Every service is offered at NO COST!
- Basic dental screening for children 0-5 years & expectant mothers
- Fluoride varnish applications
- Dental referral resources
- Parent education and demonstrations

**OUTREACH SERVICES**
We can provide dental screenings and fluoride varnish applications at:
- Childcare Centers
- Preschools
- Community Events

**STAY CAVITY FREE**

1. **First dental visit** by age 1 or first tooth
2. **Dental visits** for the whole family
3. **Wean off bottle** by age 1, no bottles to bed
4. **Only water** in a sippy cup
5. **Floss** at least once a day
6. **Brush teeth or wipe gums** twice a day
7. **Choose healthy** snacks and drinks
8. **Avoid sugary drinks** like soda and juice
9. **Use a toothpaste** with fluoride
10. **Drink tap water**
11. **Don’t share** utensils, cups or toothbrushes

**FAQs ABOUT FLUORIDE VARNISH**

What is fluoride varnish?
Fluoride is a naturally occurring mineral that can strengthen tooth enamel and help prevent dental cavities.

Is fluoride varnish safe?
Yes! Fluoride varnish is safe and is used worldwide as a method of cavity protection.

How is it applied on the teeth?
It is painted on the teeth with a small brush. Fluoride is sticky so once it comes in contact with saliva it hardens. It is quick and easy!

After the application...
The varnish should remain on the child's teeth 4-6 hours after application to provide the most benefit. They can eat and drink right after.

**Fluoride is the most effective tool we have to prevent cavities!**