



**Why should I take my child in for regular dental checkups?**



Regular dental checkups help keep your child's teeth healthy and prevent tooth decay. Remember to **brush your child's teeth 2 times every day**, in the morning and before they go to bed!

**How can I find a dentist?**

Child and Teen Checkups Outreach staff are happy to help you find dental resources for your children. **Call us today; we are here to help you! 218-299-7221**

**Need a dental appointment for your child? You can call:**

**Family HealthCare Dental**  
**Moorhead 701-551-1506**  
**Fargo 701-271-3344**

**Apple Tree Dental: 218-483-1038**  
**Toll Free: 1-888-683-1038**  
 (Call and ask about up-coming dental outreach clinics in Moorhead)

**Children's Dental Services**  
**612-746-1530**  
**Toll Free: 1-866-543-6009**

A non-profit dental clinic that accepts all forms of insurance. **No child is denied treatment due to an inability to pay.** Call and ask about upcoming dental outreach clinics in Moorhead.

**Where can my child get a C&TC?**

Here are some options....

**Essentia Health**

**Fargo 701-364-8900**  
 1702 S. University Dr.  
 Hours: M-F 8:00am-4:30pm  
**Moorhead 701-364-8900**  
 801 Belsly Blvd  
 Hours: M-F 8:00am – 4:30pm

**Family HealthCare 701-271-3344**

**Fargo - 301 NP Ave**  
 Hours: M – F 7:30am – 5:00pm

**Lake Region Barnesville 218-354-2111**

209 2<sup>nd</sup> Street SE  
 Hours: M-F 8:00am – 5:00pm

**Pediatric Arts Clinic 701-478-4722**

**Fargo - 2829 University Dr. S**  
 Hours: M-Th 8:00am – 4:30pm  
 Friday's open 8:30am-Noon

**Sanford Health**

**Fargo 701-234-2900**  
 2601 N Broadway / Hours: 8:00am-5:00pm  
**Moorhead 701-234-3200**  
 4000 28<sup>th</sup> Ave S / Hours: 7:00am-5:00pm  
**Hawley 218-483-3564**  
 1412 Main St. / Hours: M-F 8:30am-5:00pm  
**Ulen 218-596-8867**  
 108 Viking Ave W  
 Hours: M-Th 8:30am-4:30pm

**Need transportation to your dental or health checkup appointment?**

**Contact your health plan to learn more:**

**Blue Plus**  
**Blue Ride 1-866-340-8648**  
**Health Partners**  
**RideCare 1-888-288-1439**

Learn more...

*about programs that help keep your family healthy*



**Prevent. Promote. Protect.**

Call us at **218-299-5220**

Visit us online:

[claycountymn.gov/462/Public-Health](http://claycountymn.gov/462/Public-Health)



**Public Health**  
 Prevent. Promote. Protect.

\*Programs may be participated in at no cost to you! All programs based on eligibility requirements\*

**Clay County Public Health**



# child and teen checkups



## What are C&TCs?

Child and Teen Checkups (**C&TC**) provide health care exams for infants, children and teens, enrolled in Minnesota Medical Assistance. Your health plan will **cover all costs** for a C&TC exam.

## Where can my child get a C&TC?

You can get a C&TC from your regular doctor or at your community clinic. All clinics in the Fargo-Moorhead area provide Child and Teen Checkups.

## How will I know that it is time for my child to have a C&TC?

C&TC Outreach staff will:

- ✓ Call you
- ✓ Send you a letter
- ✓ Send you a **text message**

This will help remind you to make an appointment for a health checkup.

If you have questions about where you can make an appointment please call **218-299-7221**

**We are here to help you!**

Email us:

[childandteencheckups@co.clay.mn.us](mailto:childandteencheckups@co.clay.mn.us)

Check us out on  **Child and Teen Checkups Partnership4Health Community Health Board**

**WIC is a nutrition and breastfeeding program that helps young families eat well and stay healthy!**

### WIC can help:

- ✓ Families provide nutritious foods to their young children so they are healthy, happy and ready to learn.
- ✓ With one-on-one education about food, nutrition and breastfeeding. To learn to eat healthy.
- ✓ WIC gives you vouchers to buy healthy foods.



**If you have any questions call the WIC Office @ 218-299-7777**

Parents, you watch your child grow and develop. You may notice your child is developing differently than other toddlers or young children. If you have questions about your child's development **free information and help is available.**

Learn more at [www.helpmegrowmn.org](http://www.helpmegrowmn.org)



## HOME VISITING PROGRAMS

**Nurse-Family Partnership  
or  
Healthy Families America**

If you are eligible for a home visiting program, a public health nurse will help you learn about your child's development. You will check your home for safety and learn about your child's needs. You will learn how to help with your child's behaviors and relationships.

For more information **call us @ 218-299-5220** and ask to talk to a **nurse** about Home Visiting Programs!



## Follow Along Program

Babies and children grow and learn at their own rate. The Follow Along Program can help you know if your child is playing, talking, growing, moving and acting like other children.

### What is the Follow Along Program?

- A good way to learn about your child and follow their health and development. Simply fill out questionnaires every time they are sent to you.
- **There is no cost to you.**

