

# Oral Health Screening Guide for CHC

Age	Anticipatory Guidance	Teeth	Resource
<b>2 month old</b>	<ul style="list-style-type: none"> <li>• Clean your baby's mouth after feeding with a moist cloth or toothbrush.</li> <li>• Remove breast or bottle from mouth if sleeping.</li> <li>• If pacifier is used, the nipple should be soft enough to flatten out against the roof of the mouth.</li> <li>• Keep pacifier clean. Limit its use.</li> <li>• Never put baby's pacifier in your mouth to clean it; this passes decay-causing germs to baby.</li> </ul>		Parents Guide to Oral Health DH007 Thumb, Finger and Pacifier Habits DH202
<b>4 month old</b>	<ul style="list-style-type: none"> <li>• Lift the lip and look for plaque and early signs of tooth decay.</li> <li>• Thumb or finger sucking is normal for infants. It is usually not a concern until permanent teeth appear.</li> <li>• Continue to clean baby's mouth everyday with a clean, moist washcloth or infant toothbrush. Remove breast or bottle from mouth if sleeping.</li> </ul>		Early Childhood Tooth Decay DH109 Thumb, Finger and Pacifier Habits DH202
<b>6 month old</b>	<ul style="list-style-type: none"> <li>• Once teeth appear, gently clean your baby's teeth and gums twice a day using a small, soft toothbrush. Babies at risk for tooth decay should have their teeth brushed by an adult using fluoridated toothpaste the size of a grain of rice. (page 6)</li> <li>• Training cups can be used as a transition from baby bottle to regular cup.</li> <li>• Lift the lip and look for plaque and early signs of tooth decay.</li> </ul>	Central incisors	Toothpaste Use for Children Under 3 DH269 Drinking from a Cup DH205
<b>12 month old</b>	<ul style="list-style-type: none"> <li>• Brush your baby's teeth twice a day. Babies at risk for tooth decay should have their teeth brushed by an adult using fluoridated toothpaste the size of a grain of rice. (page 6)</li> <li>• Lift the lip and look for plaque and early signs of tooth decay.</li> <li>• See dentist at age one or 6 months after the eruption of first tooth.</li> <li>• Avoid constant sipping from a bottle or no-spill cup – it can cause tooth decay! Limit drinks high in sugar.</li> </ul>	Lateral incisors First molars	Early Childhood Tooth Decay DH109 Fluoride Varnish Protects Teeth DHE112 Toothpaste Use for Children Under 3 DH269 Drinking from a Cup DH205
<b>18 month old</b>	<ul style="list-style-type: none"> <li>• Brush your child's teeth twice a day, morning and night. Use a child-size brush with soft bristles. Babies at risk for tooth decay should have their teeth brushed by adult using fluoridated toothpaste the size of a grain of rice (page 6).</li> <li>• Eat healthy snacks and monitor amount of juice over ¼ cup.</li> <li>• Lift the lip and look for plaque and early signs of tooth decay.</li> </ul>	Canines Second molars	Fluoride Varnish Protects Teeth DHE 112 Toothpaste Use for Children Under 3 DH269 Drinking from a Cup DH205 Early Childhood Tooth Decay DH109
<b>4 year old</b>	<ul style="list-style-type: none"> <li>• Floss your child's teeth after the second molars are in. Floss wands and holders can be used.</li> <li>• Brush your child's teeth every day; in the morning and at bedtime.</li> <li>• Use a pea-sized amount of fluoride toothpaste on a child-sized, soft bristled toothbrush.</li> <li>• Lift the lip and look for plaque and early signs of tooth decay.</li> </ul>	All 20 teeth	Fluoride Varnish Protects Teeth DHE112 Toothpaste Use for Children Under 3 DH269 Early Childhood Tooth Decay DH109 Drinking from a Cup DH205

**Risk factors**

If one or more of the following risk factors for decay are present, use age appropriate anticipatory guidance and refer for a fluoride varnish.

**Does the child:**

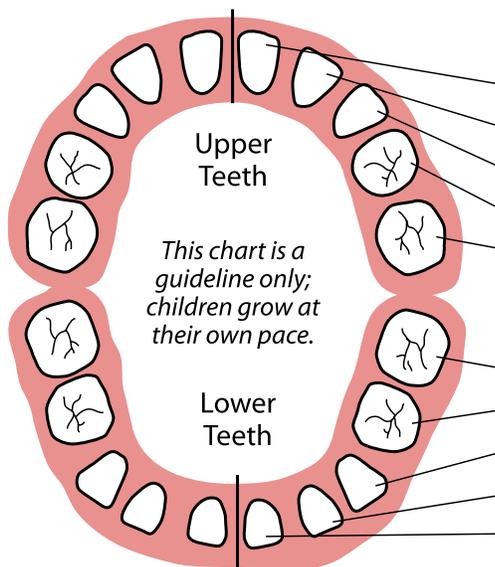
- live in an area with a non-fluoridated water supply, or a low natural fluoride level of less than 0.3mg/L? If you do not know, you can check with your local public health office.
- have visible plaque on teeth?
- have teeth brushed less than once a day?
- have a visible cavity or white chalky area on a tooth?
- have fillings, crowns, or extractions?
- see a dentist less than once a year?
- regularly eat foods or drink beverages that contain sugar (including natural sugars) between meals? This includes the use of a bottle or training cup filled with any liquid other than water.

- regularly use sweetened medicine?
- use a training cup or bottle after age 1?
- have a history of premature birth, with a low birth weight of less than 1500 grams (3 pounds)?
- have special health care needs?
- have a sibling, parent or caregiver with untreated cavities or existing fillings, crowns and extractions?
- have a sibling who had dental treatment under general anaesthetic?

**Message to Parents:**

Remember to keep your own mouth clean and healthy. Brush and floss daily and have a check-up once a year. This will prevent spreading decay-causing germs to your child. Never put a baby's pacifier in your mouth to clean it. This passes decay causing germs to your baby.

**20 Primary (Baby) Teeth**



	<b>When Teeth Come In</b>	<b>When Teeth Fall Out</b>
<b>Upper Teeth</b>		
Central Incisors	7-12 mos.	6-8 yrs.
Lateral Incisors	9-13 mos.	7-8 yrs.
Canines (Cuspids)	16-22 mos.	10-12 yrs.
First Molars	13-19 mos.	9-11 yrs.
Second Molars	25-33 mos.	10-12 yrs.
<b>Lower Teeth</b>		
Second Molars	20-31 mos.	10-12 yrs.
First Molars	12-18 mos.	9-11 yrs.
Canines (Cuspids)	16-23 mos.	9-12 yrs.
Lateral Incisors	7-16 mos.	7-8 yrs.
Central Incisors	6-10 mos.	6-8 yrs.