

Oral Health Screening Guide for CHC

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

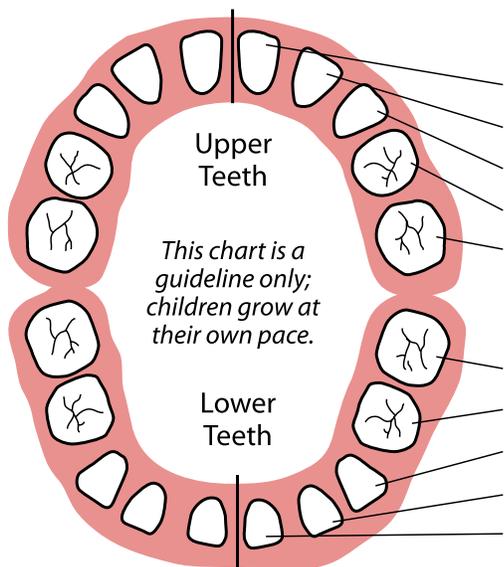
- live in an area with a non-fluoridated water supply, or a low natural fluoride level of less than 0.3mg/L? If you do not know, you can check with your local public health office.
- have visible plaque on teeth?
- have teeth brushed less than once a day?
- have a visible cavity or white chalky area 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



| | When Teeth Come In | When Teeth Fall Out |
|--------------------|---------------------------|----------------------------|
| Upper Teeth | | |
| 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. |
| Lower Teeth | | |
| 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. |