

Oral Health Screening Guide for CHC

Age	Anticipatory Guidance	Teeth	Resource
2 month old	• 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	• 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	• 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	• 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	• 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	• 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:

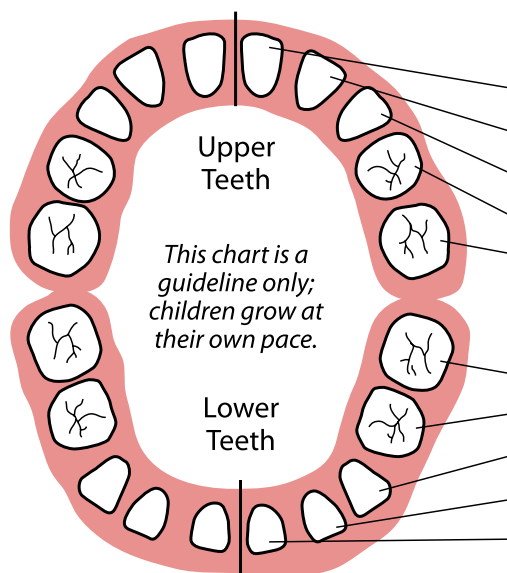
- ☐ live in an area with a non-fluoridated water supply, or a low natural fluoride level of less than 0.3mg/L? If you do not know, you can check with your local public health office.
- ☐ have visible plaque on teeth?
- ☐ have teeth brushed less than once a day?
- ☐ have a visible cavity or white chalky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