

CHILDREN'S DENTAL CHECK LIST For Parents

Date _____

Your child has _____ cavities

Your child's risk of getting cavities is: _____ High _____ Moderate _____ Low

Most common causes of tooth decay in children

- Frequent consumption of carbohydrates/ sugars
- Unbalanced diet
- Inconsistency in tooth brushing habits
- Improper tooth brushing
- None or inconsistent flossing habits
- Lack of parental assistance in oral hygiene
- Lack of fluoride protection
- Large amounts of cavity causing bacteria in the mouth
- Deep grooves on the anatomy of the teeth
- Parents not providing a positive oral hygiene role model

Parent/Caretaker helps with brushing until age seven

- Practice the gentle, angled, circular motion tooth brushing technique
- Parent brushes in morning and at night before bed
- Child practices tooth brushing with parental assistance
- Parent comes from behind child's head to see better
- Child sits in chair with head back or lays down
- Parent continues to brush a resistant child's teeth
- Parent or child brushes after sticky or sweet foods (birthday parties)
- Parent explains that they do not want child to get cavities
- Use brushing aids to encourage child (electric/character toothbrush)
- Brushing removes plaque to decrease acid production

Parent/Caretaker flosses child's teeth until age nine

- Teach this good habit at a very early age
- Use flossing aids to keep child's interest
- Parent has good flossing habits to help encourage child
- Use play behavior to encourage child
- Discuss the importance of preventing gum disease, cavities and bad breath with child