Early Childhood Caries Risk Assessment
Recommendations for Dental Home Visit #1

What to do for Pre-Teeth Low Caries Risk (Score 0-4)
Routine Care:
• Have pediatrician check teeth/gums at next exam
• Brush 2x daily without toothpaste. Use a wet washcloth or soft gummy brush

What to do for age 1-5 Low Caries Risk (Score 0-4)
Routine Care:
• 6 month dental cleanings and exams
• Toothbrush 2x daily with fluoridated toothpaste
  For age 1-3: Child’s teeth brushed by parent daily
  For age 4-5: Child brushes once daily and parent brushes teeth once daily
• Parent should floss child’s teeth daily
• Give fluoride drops/tablets as recommended by physician or dentist
• Decrease sugar/starch intake and sugar containing drinks
• Increase healthy snacks (cheese, popcorn, yogurt)
• For ages 3-5: Chew/suck on xylitol containing gum/mints 5x daily (i.e. Spree brand mints/gum)

What to do for Expectant Mother Low Caries Risk (Score 0-4)
Routine Care:
• 6 month dental cleanings and exams
• Toothbrush 3x daily with fluoridated toothpaste
• Floss Daily
• Decrease sugar/starch intake and sugar containing drinks
• Increase healthy snacks (cheese, popcorn, yogurt)
• Chew/suck on xylitol containing gum/mints 5x daily (i.e. Spree brand mints/gum)

What to do for Pre-Teeth High Caries Risk (Score 6+)
Refer to pediatrician for urgent care

What to do for age 1-5 High Caries Risk (Score 6+)
• Refer to pediatric dentist for exam, cleaning and treatment/pain control
• Fluoride varnish as recommended by pediatric dentist
• Toothbrush at least 2x daily (child’s teeth brushed 2x daily by parent)
• Floss daily by parent if recommended by pediatric dentist
• Give fluoride drops/tablets as recommended by physician or dentist
• Decrease sugar/starch intake and sugar containing drinks including flavored milk
• Increase healthy snacks (cheese, popcorn, yogurt)
• Talk to your dentist about the use of anti-microbial rinses and/or prescription toothpaste
• For ages 3-5: Chew/suck on xylitol containing gum/mints 5x daily (i.e. Spree brand mints/gum, www.spree.com)

What to do for Expectant Mother High Caries Risk (Score 6+)
• Refer to Family Health Services for a dentist for exam, cleaning and treatment/pain control
• Toothbrush at least 2x daily
• Floss daily
• Decrease sugar/starch intake and sugar containing drinks including flavored milk
• Increase healthy snacks (cheese, popcorn, yogurt)
• Talk to your dentist about the use of anti-microbial rinses and/or prescription toothpaste
• Chew/suck on xylitol containing gum/mints 5x daily (i.e. Spree brand mints/gum, www.spree.com)