



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)