Early Childhood Caries Risk Assessment
Head Start Child age 3-5

Smiles Count Dental Home Visit #1

The following questions are designed to determine the overall risk of dental problems in your child. This assessment supports Head Start’s goal to work toward establishing a dental home and to provide continued preventative care (including fluoride varnish and education).

Child’s Name: ___________________________ Date of Birth: ______________________

Dentist the child uses: _______________________________________ Child’s last dental visit: _______ (If more than 1 yr old, set new appt.)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Unknown</th>
<th>Question:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>Does your child have any early childhood caries?</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>Does your child have white spots on the teeth?</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>Does the mother (or primary care giver) have cavities?</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>Does your child use a bottle or sippy cup?</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>Does your child have pain, blisters or swelling of the gums?</td>
</tr>
<tr>
<td>2</td>
<td>0</td>
<td></td>
<td>Does your child eat sweetened snacks and drinks (including juice) more than twice a day?</td>
</tr>
<tr>
<td>0</td>
<td>2</td>
<td></td>
<td>Does the child brush teeth with the help of an adult at least twice during the day?</td>
</tr>
</tbody>
</table>

Remember:
- Establish a dental home as soon as possible
- Dental exam every 6 months including cleaning (prophylaxis) and x-ray bite wings
- Topical fluoride every 6 months

☐ 0-4 points: Routine care
☐ 6+ points: Need for care
☐ Observed pain and/or swelling: Refer to pediatrician for urgent care

Score_____

Lesson One Checklist:

☐ Viewed DVD/ Video: Colgate Bright Smiles How to have a Bright Smile

☐ Viewed DVD: Easy Steps to Oral Health

☐ Referral to Dentist or Pediatric Dentist: See Smiles Count for Dental providers

☐ Bright Smiles student kit (includes toothbrush, toothpaste and Your Child’s Bright Smile Family Booklet)

☐ Copy of Caries Risk Assessment (this form) to child’s file

☐ New tooth brushes and toothpaste given: _____ HS Child _____ HS Siblings _____ Parents

Parent Signature: __________________________________________________________________________________________

FE Signature ___________________________________________ Date ______________________________

H-Dental-3-5CariesRiskAssessHV1Eng
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
• Floss Daily
  For age 3-5 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 2x daily with fluoridated toothpaste
• Floss 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)
• 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
• Fluoride varnish as recommended by pediatric dentist
• Toothbrush at least 2x daily
• Floss daily if recommended by 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
• Chew/suck on xylitol containing gum/mints 5x daily (i.e. Spree brand mints/gum, www.spree.com)