

ORAL HEALTH CHECKLIST (TO BE COMPLETED BY PARENTS AT BIRTH, AGES 6 MONTHS, 1, 2 & 3 YEARS)

Tooth decay can cause a lot of pain and discomfort to your child. Good oral hygiene habits can prevent and reduce tooth decay.

Please answer the following and tick “YES” / “NO”.

ALL FIELDS SHOULD BE COMPLETED.

	For Parents	
	Yes	No
1. At Birth		
• I clean my child’s gums and tongue at least twice a day with a clean, moist cloth wrapped around my index finger.	<input type="checkbox"/>	<input type="checkbox"/>
2. From approximately 6 months (when the first tooth emerges)		
• I brush my child’s teeth at least twice a day (once in the morning and once before bed) using a soft bristled children’s toothbrush.	<input type="checkbox"/>	<input type="checkbox"/>
• I fill my child’s milk bottle with only milk/water and not any other sweetened drinks (e.g. juices, honey, or soft drinks).	<input type="checkbox"/>	<input type="checkbox"/>
3. From Ages 1 & 2		
• I floss and brush my child’s teeth at least twice a day (once in the morning and once before bed, after last milk feed)*.	<input type="checkbox"/>	<input type="checkbox"/>
• I have attempted to wean my child off the milk bottle and switch to a cup.	<input type="checkbox"/>	<input type="checkbox"/>
• I limit the amount and frequency of sweetened beverages and foods my child consumes.	<input type="checkbox"/>	<input type="checkbox"/>
• I do not allow my child to fall asleep with a milk bottle containing formula milk or sugary drinks as that can cause tooth decay.	<input type="checkbox"/>	<input type="checkbox"/>
• When my child wakes up at night for milk, I either give water, dilute the milk in a milk bottle or try other means to soothe my child back to sleep. Frequent or prolonged exposure to sugary drinks (e.g. formula milk) will lead to dental decay.	<input type="checkbox"/>	<input type="checkbox"/>
• I regularly lift my child’s upper lip to check for white or brown spots on his/her teeth, which may indicate dental decay.	<input type="checkbox"/>	<input type="checkbox"/>
• When I see possible signs of decay, I make an appointment with a dentist immediately.	<input type="checkbox"/>	<input type="checkbox"/>
• I have brought my child for his/her first dental check by age 1.	<input type="checkbox"/>	<input type="checkbox"/>
4. From Age 3		
• I floss and brush my child’s teeth with a pea-sized amount of toothpaste with at least 1000ppm fluoride (F) twice a day. I ensure that my child does not swallow the toothpaste.	<input type="checkbox"/>	<input type="checkbox"/>
• I ensure that my child limits sugar intake.	<input type="checkbox"/>	<input type="checkbox"/>
• I bring my child for regular dental check-ups.	<input type="checkbox"/>	<input type="checkbox"/>

* Due to the concern for dental fluorosis, the recommendation for use of a smear amount (size of a rice grain) of 1000ppm fluoride (F) toothpaste for children < 3 years old should be limited to those at high-risk for dental caries. At the first dental visit, the dentist can determine the caries risk and make the appropriate recommendation for toothpaste use.