

HEALTHY TEETH HEALTHY KIDS

Dental Checklist for Children 0-6 years



This checklist is designed to help you keep track of your child's dental health and development.

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. If your child is between 18-24 months , does he/she have at least 12 teeth? |
| | | OR |
| <input type="checkbox"/> | <input type="checkbox"/> | If your child is between 25-36 months , does he/she have at least 16 teeth? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Are your child's teeth cleaned twice daily by an adult? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Are your child's teeth clean? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Has your child been seen by a dentist or a dental hygienist? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Does your child drink mostly from a cup without a lid? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Does your child sleep without a bottle? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Does your child have set times during the day for meals and snacks? |

Helpful Dental Health Tips

By **18 months**, most children have 12-16 teeth, and by **36 months**, they have 16-20 teeth. The first teeth to come in are the front teeth, followed by the teeth in the back.

Clean your child's teeth twice daily with a soft-bristled baby toothbrush. You can brush with plain water or use a very small smear of fluoridated toothpaste (the size of a grain of rice). Even toddlers can get tooth decay. You should **check your child's teeth** at least once a month. Lift the upper lip to see the teeth right up to the gum line. If they have chalky-white or brown spots anywhere, or are chipped or broken, take your child to a dentist.

Children should have their teeth checked by a dentist or a dental hygienist **by their first birthday** so that any problems are found early.

By **18 months**, children should be breastfeeding and/or drinking from a cup without a lid. If still using a bottle or sippy cup, they should be encouraged to stop using both the bottle and the sippy cup. **Don't let your child constantly sip from a bottle or sippy cup** filled with milk, formula, juice, pop, Kool-Aid™ or sugar water.

If your child must have a bottle to fall asleep, fill it with plain water. If you are breastfeeding, take your child off the breast when he/she is done actively feeding.

Your child should have **5-6 set meal/snack times** during the day. Frequent snacking helps cause cavities, especially if foods are sticky and sweet. Some examples of healthy snack choices are cheese, whole grain crackers, yogurt, fresh fruit and vegetables. For snack time drinks, offer plain water, or milk. When your child is thirsty at other times, offer plain water.

If you answered "no": to any of these questions, please talk to your family's dental care provider about your child's dental development.

Get free dental care for children and youth

Call 1-800-265-7293 ext. 2661

We offer free dental services for eligible children up to and including age 17. Your child may be eligible if the cost of care would be a financial hardship.