

Creating Family Oral Health

Patient Name: _____

Date: _____

<p>#2</p> <p>Schedule Regular Dental Visits</p>	<p>#3</p> <p>Brush twice a day</p>	<p>#4</p> <p>Use fluoride toothpaste</p>	<p>#5</p> <p>Drink water</p>
<p>#6</p> <p>Drink water between meals</p>	<p>#7</p> <p>Choose healthy snacks</p>	<p>#8</p> <p>Avoid sharing saliva (spit)</p>	<p>#9</p> <p>choose gum or candy with xylitol as the first ingredient</p>

Babies and Young Children

<p>#11</p> <p>Wipe baby's mouth and gums twice a day</p>	<p>#12</p> <p>Stop bottle use by age 1</p>	<p>#13</p> <p>Use a rice-sized amount of fluoride toothpaste</p>	<p>#14</p> <p>Juice for children only with meals</p>
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Older Children and Adults

<p>#16</p> <p>Brush and floss at least twice a day</p>	<p>#17</p> <p>Use fluoride rinse after brushing</p>
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Which Could You and Your Family Do? 1.) _____
 2.) _____

On A Scale of 1-10, how confident are you that you can accomplish these goals? (Circle One)

(1= not confident at all; 10= very confident) 1 2 3 4 5 6 7 8 9 10

Patient Signature: _____ Practitioner Signature: _____

Frequently Asked Questions

Care of Your Baby and Child's Teeth

1. **Aren't cavities normal in children?**

- Children can grow up without cavities (holes in their teeth)
- If you have cavities, get them repaired by the dentist
- The germs that caused adult cavities can be passed to a child by sharing saliva (spit).

2. **How can I keep my children from getting holes in their teeth?**

- Don't share mouth germs in spit by sharing cups, utensils or cleaning bottle nipples and pacifiers with your mouth
- Lift and lower your baby's lips to check teeth for white spots on the teeth along the gums and get them to the dentist if you see problems.
- For your baby who is 6 months or older, give water only in night time bottles

3. **Do sweet foods like candy and soda pop cause cavities?**

- Yes, sugary foods and drinks, chips, bread and tortillas feed the germs that cause cavities
- Give sweet foods, milk and juices with meals only
- Offer meat, cheese, nuts or peanut butter, celery, vegetables or salad to eat and water to drink between meals
- If breastfeeding, avoid starting a bottle. Begin using a cup or sippy cup at 6 months of age.
- Stop all bottles by age 1

4. **When do I start cleaning my baby's teeth?**

- Start mouth care at birth by wiping gums with a soft cloth after feedings
- From the first tooth, brush teeth with a rice grain size of fluoride toothpaste
- Use water with fluoride or tap water
- Make an appointment with the Dentist by age 1