


Is Your Child Protected From Cavities?

1. I check my child's teeth for spots or problems at least once a month. Yes No
2. My child had or will have a first dental visit by age two. Yes No
3. My child drinks fluoridated water or takes fluoride drops or a tablet daily. Yes No
4. I brush my child's teeth or clean my baby's gums every day. Yes No
5. My child has sweet drinks and foods only for special occasions or with meals. Yes No
6. My child finishes the bottle or nursing before going to bed. Yes No
7. My child stopped or will stop using a bottle by age one. Yes No
8. My family does not share toothbrushes. Yes No
9. I help my children under age six with brushing. Yes No
10. I brush and floss my teeth and visit the dentist regularly. Yes No

Give yourself **1 point** for each question you answered "yes".

8-10 points: Keep up the good work! Practice the "10 Simple Ways" to protect your baby's smile found in this brochure.

0-7 points: Your baby is not protected from cavities. Practice the "10 Simple Ways" in this brochure to protect your baby's smile, and make a dental appointment for your child. If you don't have a dental provider, see the resource list on the back of this brochure. 

Boston Area Dental Services for Children

MassHealth:

(800) 841-2900

MassHealth can give you a list of private dental providers and dental clinics that can treat children.

Boston Medical Center Dental Clinic:

(617) 414-4050

For children two years of age and older. Waiting period approximately 3 months.

For help finding dental care elsewhere:

(617) 414-1135

Please call to request an updated list of Boston area dental providers for children who accept MassHealth.

10 Simple Ways



You Can Protect Your Child's Smile

- Tips for Parents
- Local Dental Resources
- Family Dental Checklist



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