

- **Segway into oral health: Praise and congratulation**
  - What wonderful teeth!
  - How many teeth does s/he have now? Let's take a look!

- **Tooth brushing/keeping teeth clean**

Assess	Assist	Helpful Pearls of Wisdom
• Does child have own toothbrush?	• Offer toothbrush from dental study	• Incorporate into daily routine
• Brush teeth nightly? <i>Goal: establish habit!</i>	• How do you think you can get him to do that?	• Leave note on bed/crib; brush in tub nightly
• Do you help child brush? (up to age 6)	• What do you think would work?	• Make a game out of it
• Use toothpaste with fluoride? (pea sized amount)	• Find a tasty, colorful fluoridated toothpaste	• Brush same time as parent

- **Consume foods and drinks that strengthen teeth and limit sugars**

Assess	Assist	Helpful Pearls of Wisdom
• Child getting fluoride?	• Prescribe Fluoride drops/tablets	
• Limiting sugary drinks and foods?	• How do you think you could do that?	• Make candy and juice a special treat instead of everyday event • Dilute all juices with extra water, no soda, replace cookies with crackers, candy with grapes/other fruit, cheerios. Try yogurt or cheese snacks.
• Limit bottle/sippy cup use to meal or snacktime? ( <i>goal: decrease frequency of exposure to sugars – sippy cups aren't any better than bottles</i> )	• How could you limit these?	• Provide water except at meal time • Offer only sippy cups at meals and snacks, drink water yourself, and share water with your child
• Eliminating bedtime bottles by one year old (except water)?	• How could you eliminate bedtime bottles?	• Substitute water in the bottle • Replace bottle with stuffed animal or blanket for child to sleep with; gift wrap bottle and give away

- **Monitor teeth (parent, doctor and dentist)**

Assess	Assist	Helpful Pearls of Wisdom
• Check teeth for spots?	• Here's how you can do it...(also can do while brushing)	• Make a game out of it, have child make funny face
• Have a dentist?	• Here's a referral list	
• Seen the dentist yet? (first visit at 2 years)	• What would help you get to the dentist?	• Want to call the dentist now, from here?

- **Summarize and develop plan**

- You're doing a great job with \_\_\_\_\_, keep up the good work
- [SHOW BROCHURE]. In the brochure, I've checked the things we've agreed you'll work on. Your plan is to...(e.g. put child to bed with only water; substitute fruit for snacks instead of candy)
- **Arrange follow-up:** I'll check in with you at your next visit to see how you're doing.

**Important Education Points About Cavities (Advise):**

- A disease which can be seen as white, yellow, brown or gray spots on teeth
- Can lead to pain, trouble eating and talking, or to lost teeth, and infected baby teeth can lead to having infected permanent teeth
- Caused by germs that feed on sugars
- Can be prevented by keeping teeth clean, using fluoride, and limiting sugary/starchy foods and drinks