

**ABC's of Infant Oral Health  
Parent Information**

Child's Name \_\_\_\_\_ Date \_\_\_\_\_

Child's Age \_\_\_\_\_ Child's next dental care visit \_\_\_\_\_

Birth Date \_\_\_\_\_

**Health History Follow these recommendations for a healthier child.**

- ☼ Continue scheduled appointments with physician
- ☼ Child requires immediate care

**Diet And Nutrition Follow these recommendations to provide your child with a diet that reduces the risk of tooth decay.**

- ☼ Discontinue breastfeeding/bottle
- ☼ No at-will nursing
- ☼ Modify breastfeeding/bottle
- ☼ Only water in sleeptime bottles
- ☼ Encourage use of a spillproof cup
- ☼ Cup only by age 12 months
- ☼ Weaning plan \_\_\_\_\_
- ☼ Decrease sugars intake
- ☼ Decrease carbohydrate intake
- ☼ Change diet \_\_\_\_\_

**Fluoride Adequacy Follow these recommendations to provide your child with the right amount of fluoride to reduce the risk of tooth decay.**

- ☼ Obtain home water fluoride analysis.  
Contact: \_\_\_\_\_
- ☼ Suggested fluoride supplementation: \_\_\_\_\_
- ☼ Increase water intake to supplement feedings
- ☼ Recommended toothpaste \_\_\_\_\_

**Oral Habits Follow these recommendations to discourage your child's oral habits that can lead to poor tooth alignment or an improper bite.**

- ☼ Thumb/finger sucking habit – Discourage by age \_\_\_\_\_
- ☼ Pacifier use – Discourage by age \_\_\_\_\_
- ☼ Use pacifier that conforms to lips and cheeks and supports the lips
- ☼ Bruxing or other habit \_\_\_\_\_

**Injury Prevention/Trauma Follow these recommendations to provide a safe and childproofed home environment .**

- ☼ Child has experienced oral injury
- ☼ Childproof your home
- ☼ Use infant/child car seat
- ☼ Other protective device \_\_\_\_\_

**Oral Development Following these recommendations will increase your awareness of oral development issues that can affect your child.**

- ☼ Total primary teeth erupted \_\_\_\_\_
- ☼ Next tooth to erupt \_\_\_\_\_
- ☼ Child requires further assessment

**Oral Hygiene Follow these recommendations to help keep your child's mouth clean and free of plaque.**

- ☼ Use a soft toothbrush
- ☼ Do not use toothpaste
- ☼ Use a smear/pea-sized amount of toothpaste
- ☼ Special instructions \_\_\_\_\_