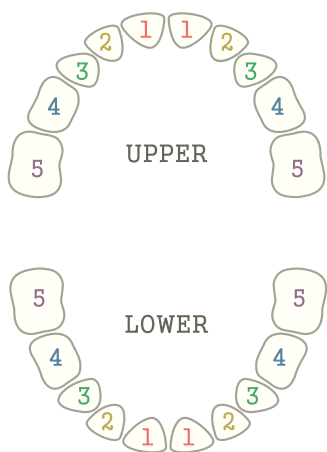


Healthy Smiles for Life Checklist for Caregivers

	BIRTH - 2 YEARS	2 - 3 YEARS	3 - 5 YEARS
DENTAL HOME	<ul style="list-style-type: none"> ○ First Birthday - First Dental Visit. 	<ul style="list-style-type: none"> ○ Regular Dental Visits as recommended by dental provider. 	<ul style="list-style-type: none"> ○ Regular Dental Visits as recommended by dental provider.
MOUTH CARE	<ul style="list-style-type: none"> ○ Lift the Lip - once a month to look at teeth and check for early signs of tooth decay. ○ Clean baby's mouth before teeth come in – use soft, damp cloth after all feedings. ○ Use finger brush as teeth come in to clean teeth and massage tender gums. ○ Switch to soft toothbrush by the age of 1 and brush twice a day. 	<ul style="list-style-type: none"> ○ Lift the Lip - once a month to look at teeth and check for early signs of tooth decay. ○ Brush twice a day – use soft toothbrush. ○ Floss once a day. ○ Discourage use of pacifier or finger sucking. 	<ul style="list-style-type: none"> ○ Lift the Lip - once a month to look at teeth and check for early signs of tooth decay. ○ Brush twice a day – use soft toothbrush. ○ Floss once a day. ○ Discourage use of pacifier or finger sucking.
DIET	<ul style="list-style-type: none"> ○ Breastfeed ○ Avoid bottles at bedtime or naptime with anything but water. 	<ul style="list-style-type: none"> ○ Discourage juice. ○ Discourage sticky, sugary snacks. 	<ul style="list-style-type: none"> ○ Limit juice, only with meals. ○ Discourage sticky, sugary snacks.
PROTECTION	<ul style="list-style-type: none"> ○ Fluoride Varnish ○ Available at dental provider or at the Health Unit as soon as 1st teeth appear. 	<ul style="list-style-type: none"> ○ Fluoride Varnish ○ Available at dental provider or at the Health Unit as soon as 1st teeth appear. 	<ul style="list-style-type: none"> ○ Fluoride Varnish ○ Available at dental provider or at the Health Unit as soon as 1st teeth appear.

COMMENTS



WHEN DO PRIMARY TEETH COME IN?

UPPER	LOWER
1 8-12 MONTHS	1 6-10 MONTHS
2 9-13 MONTHS	2 10-16 MONTHS
3 16-22 MONTHS	3 17-23 MONTHS
4 13-19 MONTHS	4 14-18 MONTHS
5 25-33 MONTHS	5 23-31 MONTHS

NO-COST DENTAL PROGRAMS are available for eligible children and youth 17 and younger. Contact the Thunder Bay District Health Unit or visit our website.