

LINCOLN PEDIATRIC DENTISTRY

Brush at night to remove food to prevent cavities. Brush in the morning to remove mucous that dries on the teeth overnight.



Brushing Chart for:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

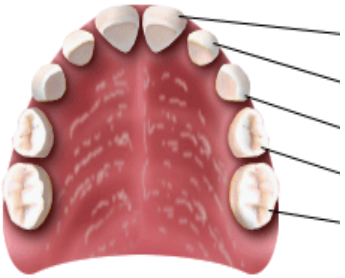
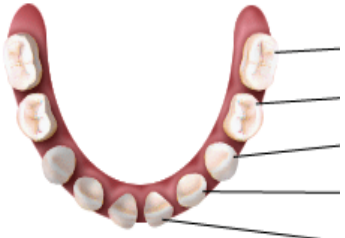
Oral Hygiene Instructions

- Brush teeth after breakfast and before bedtime with adult supervision until at least age 8.
- Use a smear/rice size amount of toothpaste or water to remove plaque from teeth.
- Brush in tiny circles to help clean teeth and gums.
- Gently brush tongue and the roof of the mouth.
- Mark the brushing calendar to establish a routine.
- Floss daily by laying child back in your lap.

Ages 0-4 Dental Report Card

Primary Teeth Eruption Chart

Eruption pattern varies for all children

	Upper Teeth Erupt	
	Central Incisor	8-12 mos.
	Lateral Incisor	9-13 mos.
	Canine (Cuspid)	16-22 mos.
	1 st Primary Molar	13-19 mos.
	2 nd Primary Molar	25-33 mos.
	Lower Teeth	
	2 nd Primary Molar	23-31 mos.
	1 st Primary Molar	14-18 mos.
	Canine (Cuspid)	17-23 mos.
	Lateral Incisor	10-16 mos.
	Central Incisor	6-10 mos.

Your dental assistant today _____ date _____

Oral Hygiene:

Excellent
Good
Fair
Poor

Exam:

Cavities? Yes/No
Cavity Risk? Low
Moderate
High
Crowding? None
Mild
Moderate
Severe
Gingivitis? Yes/No
Calculus? Yes/No

Areas to Improve:

Posterior teeth/
Molars
Anterior teeth/
Incisors & Cuspids
Outside/Cheek side
Inside/Tongue side
Top teeth
Bottom teeth
Gum line
Tongue
Flossing

Recommendations are highlighted:

- Avoid sticky candy, fruit snacks, raisins, granola bars, pop, Gatorade, juice, and chocolate milk to prevent cavities and establish healthy eating habits.
- If taking vitamins, choose hard chewable or liquid vitamins instead of gummy vitamins.
- Brush or wipe teeth following night time feedings.
- Avoid taking a bottle or sippy cup with milk or juice to bed.
- Eliminate pacifier use by age 2.
- Discuss strategies to eliminate finger/thumb sucking.

Comments: _____



Sugar Examples:

Organic TreeTop 100% Apple Juice 8 oz. = 26 grams = 6 ½ teaspoons of sugar
Chocolate Milk 12 oz. = 39 grams = 10 teaspoons of sugar
Welch's Fruit Snacks 2.25 oz. = 18 grams = 4 ½ teaspoons of sugar
Gummy Vitamins (2) = 4 grams = 1 teaspoon of sugar
4 grams of sugar = 1 teaspoon of sugar

