

# 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 your teeth and gums.
  - Gently brush your tongue and the roof of your mouth.
  - Mark the brushing calendar to establish a routine.
  - Brush and floss daily by laying child back in your lap.

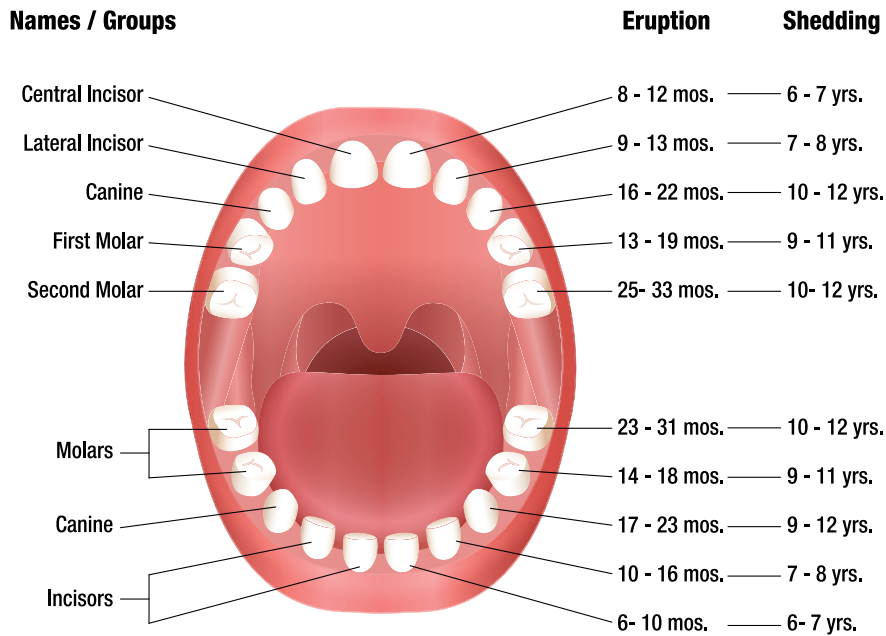
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# Ages 0-4 Dental Report Card

## Primary Teeth Eruption Chart

\*\*Eruption pattern varies for all children\*\*



### 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: \_\_\_\_\_

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



### Sugar Examples:

- Organic TreeTop 100% Apple Juice 8 oz. = 26 grams = 6.5 teaspoons of sugar
- Chocolate Milk 12 oz. = 39 grams = 10 teaspoons of sugar
- Welch's Fruit Snacks 2.25 oz. = 18 grams = 4.5 teaspoons of sugar
- Gummy Vitamins (2) = 4 grams = 1 teaspoon of sugar

4 grams of sugar = 1 teaspoon of sugar

