

Parent's Checklist for Good Dental Health Practices in Child Care

From: *Healthy Kids, Healthy Care: Dental Health*, www.healthykids.us

Do you see the following practices carried out?

✓
checklist

Foods

- _____ Children are fed nutritious foods like fruits, vegetables, grains and dairy products (milk, cheese and yogurt) instead of foods high in sugar.
- _____ Drinking water is readily available throughout the day.
- _____ Children are served juice in a cup (100% fruit juice or reconstituted juice). Juice is limited to 4 to 6 oz. a day.



Brushing

- _____ Children brush their teeth with a small amount of fluoride toothpaste after each meal. Caregivers help the younger children with brushing.
- _____ Children rinse out their mouths with water when brushing is not possible.



Preventing Tooth Decay

- _____ The caregiver always holds the infant while giving the infant a bottle.
- _____ Infants are never put to sleep with bottles or sippy cups in their cribs and bottles are not "propped" in their mouths.
- _____ Infants are only fed a bottle during mealtimes.
- _____ Infants are taught to drink from a cup when they can sit up without support.
- _____ Infants' teeth are brushed as soon as the first tooth erupts (usually around age 6 to 10 months).

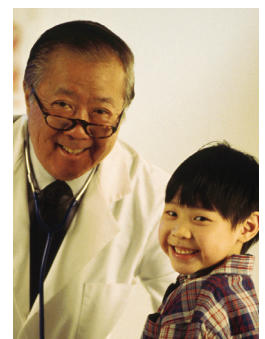
Safety Issues

- _____ Each child has his/her own toothbrush, labeled and the size appropriate to the child's age. No sharing or borrowing of toothbrushes is allowed.
- _____ Toothbrushes are stored in a manner that prevents cross contamination.
- _____ Toddlers do not carry bottles or sippy cups around with them. This prevents injury to mouth, ear infections, and dental cavities.
- _____ Each child has his/her own toothpaste tube. If the toothpaste is dispensed from one large tube for all children, then the toothpaste is given out on a clean piece of paper.
- _____ Caregivers wash their hands and wear gloves when helping children to brush their teeth.



If a Dental Emergency Occurs At Child Care

- _____ The caregiver has a plan to handle dental related problems/emergencies such as:
 - Toothaches
 - Cut or bitten tongue, lip, or cheek
 - Broken tooth, broken jaw
 - Persistent bleeding after a primary (baby) tooth falls out.
- _____ The caregiver has a plan for transporting a child with a dental emergency to the nearest source of emergency dental care.
- _____ The caregiver has current contact information on each child's dentist.



Teaching opportunities for children 2 and over

Teachers promote good dental care by regularly including dental topics in the curriculum such as:

- Eating healthy foods,
- Brushing teeth,
- Visiting a dentist,
- and
- Wearing a helmet when riding a tricycle or bike.



How you as a parent can help your caregiver promote good dental health:

- Always put your baby to sleep without a bottle or sippy cup – not even water. Bottle feeding in bed is a hard habit to break.
- Teach your baby to drink from a cup when they can sit up without support.
- Include dental information on health records supplied to the caregiver.
- Give your caregiver contact information for your child's dentist in case of emergency. See below for help finding a dentist for your child.
- Give consent to your dentist to talk with your caregiver when necessary.
- Supply your caregiver with appropriate sized toothbrushes for your child.
- Ask your child's dentist if s/he would be willing to speak at a parents' meeting about the importance of good dental health.

How to Find a Dentist

American Academy of Pediatric Dentistry – Find a Pediatric Dentist <http://www.aapd.org/finddentist/index.asp>

American Dental Association – Find a Dentist <http://www.ada.org/public/directory/index.asp>

State Dental Organizations <http://www.ada.org/ada/organizations/searchcons1.asp> <http://www.aapd.org/about/affiliated.asp>

Where to Find Low Cost Dental Care (National Institute of Dental and Craniofacial Research)

<http://www.nidcr.nih.gov/HealthInformation/FindingDentalCare.htm>

Additional Materials/Organizations

American Academy of Pediatrics <http://www.aap.org>

Bright Futures in Practice: Oral Health <http://www.mchoralhealth.org/pocketguide>

Dental Emergency Tips (New York State Dental Association) http://www.nysdental.org/img/pdf_files/emerg.pdf

National Institute of Dental and Craniofacial Research Resources for Kids and Teachers

<http://www.nidcr.nih.gov/HealthInformation/KidsAndTeachers.htm>

National Maternal and Child Oral Health Resource Center <http://www.mchoralhealth.org>

Healthy Kids, Healthy Care is based on [Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs](#), 2nd Edition, 2002, ([American Academy of Pediatrics](#), [American Public Health Association](#), and [National Resource Center for Health and Safety in Child Care](#))

Disclaimer: This material is for reference purposes only and shall not be used as a substitute for medical/dental consultation, nor be used to authorize actions beyond a person's licensing, training, or ability

Your Child's Dental Health Provider