

# ECC: What Families Need to Know

## PREGNANCY

Get a dental checkup and ask your dentist what you can do to lower the bacteria that cause cavities in your own mouth.

Brush twice daily with fluoride toothpaste.

Eat a healthy diet and limit sweets and sodas.

## BIRTH-TWO YEARS

Lift the lip and look for chalky white or brown spots. Go to the dentist if you see signs of cavities.

Brush baby's teeth twice daily with a smear of fluoride toothpaste beginning when the first tooth comes in.

Put baby in bed without a bottle and wean from the bottle around 12 months of age.

Feed your baby a healthy diet and limit sweets and sodas.

Ask about fluoride varnish treatments to protect your baby's teeth from cavities.

## THREE-FIVE YEARS

Get a dental checkup for your child.

Brush your child's teeth twice daily with a pea-size amount of fluoride toothpaste.

Ask about fluoride varnish treatments to protect your child's teeth from cavities.

Feed your child a healthy diet and limit sweets and sodas.

**Flip this page to start setting family goals to prevent ECC.**



# Setting Goals

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



Healthy Snacks



Less candy and junk food



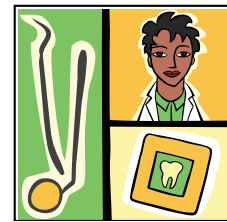
No soda pop



Brush twice daily with fluoride toothpaste



Drink tap water



Regular dental visits for child



No bottle in bed



Wean off bottle



Fluoride Varnish 3-4 times/year

**On a scale of 1-10, how confident are you that you can accomplish this goal?**

1 2 3 4 5 6 7 8 9 10

**Not Likely**

**Definitely**

Date \_\_\_\_\_ Signature \_\_\_\_\_

Comments \_\_\_\_\_

Staff initials \_\_\_\_\_ Review Date \_\_\_\_\_